

Mathews School of Yoga

Registration Form – *Take the Fear out of your Inversions & Backbends*

Date and time: Saturday, March 6, 2010 from 8:00 am until 12 noon

Bring a yoga mat, water bottle and large towel.

For preparation for the workshop you may wish to purchase my yoga practice manual "Yoga Wherever You Are" and the accompanying DVD.

Workshop will include: Shoulderstand, Headstand, Crow, Forearm Balance, Scorpion, Locust, Cobra, Camel 2 & 3, Bow, Bridge, Tiger, Tabletop, King Dancer, and Handstands, (hands on adjustments for your poses) Deepen your practice while learning positioning and tips on building a home practice. Find freedom from the fear of practicing inversions and backbending while learning the teaching techniques, preparation poses and anatomy. A certificate of completion will be given at the end of the workshop for 4 hours Yoga Teacher Training credits. You will receive a handout for all poses presented which includes: alignment cues, actions and anatomy. After participating in this workshop, you will be eligible to earn extra credit hours in the Teacher Training program

Contact <mailto:monica@monicamathewsyoga.com> with any questions or comments.

Location: University of LaVerne Aerobic Studio, Tent Building, Upstairs, entry area C

[See printable map ULV](#)

Registrants Full Name: _____

Mailing Address: _____

Email: _____

Home Phone: _____

Cell Phone: _____

To help with organization of the workshop, please provide the following:

Male _____ Female _____ Age: 18-25 _____ 26-36 _____ 37-47 _____ 48+ _____

Several choices for registration:

1. You may use the PayPal button [on the website](#) to pay the workshop registration fee \$50 and then fill out the registration form and either mail to: Inversion Workshop, 2452 N. Campus Ave., Upland, CA 91784 or fax 909-931-5861 (*Prior to March 1, 2010*) or bring the registration form to any of Monica Mathews regular yoga classes (*Prior to March 1, 2010*) . . . OR
2. Bring the registration form and check or cash payment to any of Monica Mathews regular yoga classes (*Prior to March 1, 2010*) . . . OR
3. Mail the check for \$50 payable to Monica Mathews and registration form to: Inversion Workshop, 2452 N. Campus Ave., Upland, CA 91784 (*Prior to March 1, 2010*)

_____ Signature _____ Date

Signature required. By signing the above I indicate that I have read the refund and waiver of liability and I understand the refund policy and agree to all the provisions herein. Refunds: Full refunds will be made, if the minimum number of participants for workshop is not met. All other cancellations will receive credit towards future Workshops/Teacher Training.

Waiver of Liability: Registrants of this workshop agree that there are risks associated with all physical activity and that when practicing yoga, one may suffer minor or serious injury. Registrants understand these inherent risks and assume that such risks associated with participation in any activity in conjunction with Mathews School workshops, Monica Mathews, all Assistants and the University of LaVerne are exempted from liability.