

# NORTHWEST YOGA CONFERENCE 2013

## REGISTRATION FORM

This form must be postmarked or e-mailed\* by Saturday, February 2.

### ATTENDEE INFORMATION

Name \_\_\_\_\_ E-mail \_\_\_\_\_

Phone \_\_\_\_\_ Address \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Phone \_\_\_\_\_

How did you hear about the conference? (Provide name.) \_\_\_\_\_

### REGISTRATION FEES To be paid with Paypal (NWYC will email you a request) or by mailed check.\*

Please check boxes for all that you will be purchasing.

- |   |  |
|---|--|
| <input type="checkbox"/> 3-Day Pass: \$425              | <input type="checkbox"/> Yoga Trance Dance (Fri.): \$15        |
| <input type="checkbox"/> 2-Day Pass (any combo): \$300  | <input type="checkbox"/> Kirtan with Gina Sala (Sat.): \$15    |
| <input type="checkbox"/> 1-Day Pass (Fri or Sun): \$160 | <input type="checkbox"/> NW Yoga Conference T-shirt: \$20      |
| <input type="checkbox"/> 1-Day Pass (Sat): \$170        | _____ # of T-shirts _____ Total price for T-shirts             |
| <input type="checkbox"/> Single 2-hour Workshop : \$60  | Children's Yoga Program (each session 2.5 hours)               |
| <input type="checkbox"/> Single 3-hour Workshop: \$90   | <input type="checkbox"/> \$125 for entire program (6 sessions) |

\_\_\_\_\_ # of sessions at \$25 per session

**TOTAL AMOUNT to be PAID \$** \_\_\_\_\_ [Paypal \_\_ Check\_\_ ] \_\_\_\_\_ Total price for Children's Yoga

\* Please make checks out to **Northwest Yoga Conference** and mail to: Northwest Yoga Conference  
E-mail: [nwyogaevents@hotmail.com](mailto:nwyogaevents@hotmail.com) (425) 299-2794 13110 NE 177th Pl, #342, Woodinville, WA 98072

### FRIDAY, FEBRUARY 8

Please select only one workshop.

#### 9:00am - 4:30pm

- Intensive Workshop: Big Heart Meditation with Harshada Wagner (CE)
- Intensive Workshop: Thai Yoga Techniques for Yoga Teachers with Laura Humpf (CE)

### SATURDAY, FEBRUARY 9

Please be sure your workshop times do not overlap.

#### 9:00am - 4:30pm

- Intensive Workshop: Seeing and Understanding Bodies, with Aadil Palkhivala (CE)

#### 9:00am - 12pm

- Building a Sustainable Practice: Creating a Lifetime Yoga Practice Through Core Cultivation, with Adi Turner

#### 9:00 - 11am

- Big Heart Meditation, with Harshada Wagner (CE)
- Off Your Feet, onto Your Hands, with Noelle Zmuda
- Ignite Your Personal Power: Chakra Flow

### SATURDAY, FEBRUARY 9 (continued)

Please be sure your workshop times do not overlap.

#### 12:15pm - 2:15pm

- The Low Down on Down Dog, with Leeann Carey (CE)
- Jasyoga: Yoga for Athletes, with Erin Taylor
- Ayurveda and Yoga Therapy, with Kate Towell

#### 1:30pm - 4:30pm

- Yoga Nidra: Awakening to Presence Living the Practice of Yoga, with Nole Guilini

#### 3:30pm - 5:30pm

- SHAKTI Vinyasa Yoga: Balancing Stability and Fluidity with Lisa Black (CE)
- Invoking the Goddesses: A Sattva Journey to Fierce Presence and Radical Aliveness with Ananya Brown (CE)
- Beauty of Backbends with Kitty Wittkower (CE)

## **SUNDAY, FEBRUARY 10**

Please be sure your workshop times do not overlap.

### **9:00am - 4:30pm**

- The Way of the Warrior: Practices and Reflections for the Winter Season with Cosetta Romani (CE)

### **9:00am - 12:00pm**

- Therapeutic and Adaptive Yoga with Cyndi Kershner (CE)

### **9:00am - 11:00am**

- Beyond Pigeon Pose: Yoga for the Hips with Elizabeth Kovar
- Pratyahara: Gateway to Pure Awareness with Paul McNaughton
- Jump Through With Power and Grace with Maura Barclay (CE)
- Ethical Dilemmas in the Seat of the Teacher with Bianca Raffety (CE)

### **12:15pm - 2:15pm**

- Relieving Stress Through the Practice of Purna Yoga with Aadil Palkhivala (CE)
- Hands of an Angel: The Art of Assisting Vinyasa Yoga with Lisa Black (CE)
- Meet the Wall with Leeann Carey (CE)
- ABC's of Sanskrit: The Ancient Language and its Roots in Yoga with Ali Valdez (CE)
- Yoga for Low Back Care with Shannon Middleton

### **3:30pm - 5:30pm**

- A Brief History of the Tradition and Evolution of Yoga with Greg Owen
- Upside Down and All Around with Laura Prudhomme and Erin Beattie
- Living the Light Within: The Alive and Shine Meditation Snacks with Sandra Storwick (CE)
- The Yoga of Business: How to Transform Your Beliefs and Grow Your Business with Kristen Elfendahl (CE)
- Shambhala Restorative and Vision Notebook Workshop with Tamara Martin

Please review the following:

### **Photograph/Video Release:**

I understand that while I am attending the Northwest Yoga Conference there may be photographs and/or videos taken of participants. These photographs and/or videos may be used for promotional, educational, or informational purposes in brochures, websites, and newsletters. By attending this conference, I agree that the Northwest Yoga Conference may take photographs and/or videos that include my image and that such photographs and/or videos may be used for promotional, educational, and informational purposes without compensation to me of any kind.

### **Waiver of Liability:**

I understand that I am registering for instruction in an activity which may involve physical, emotional, and/or psychological activity and that in case of such an undertaking there is always a risk involved. I understand that in a group setting the instructor cannot always monitor my physical, emotional, and psychological limits, and that I am therefore responsible for assessing the risk any activity poses to me, and choosing a safe course of action for myself. I agree to assume the risk and responsibility for any injuries or damages suffered by me arising out of my participation in this festival.

### **Teacher Cancellation Policy And Disclaimer:**

The Northwest Yoga Conference reserves the right to substitute or cancel presenters/teachers as necessary and this is at the discretion of the Northwest Yoga Conference management. In the event that a teacher/presenter cancels or is canceled, a second choice selection will be designated for that time period. No refunds will be given due to teacher cancellations.

By signing below, I agree to the photo/video release, waiver of liability, and teacher cancellation policy and disclaimer.

\_\_\_\_\_

Name

\_\_\_\_\_

Date