

The Yoga Connection

Breathe Release Connect



Yoga Basics: Introduction to Yoga

Danette Watt & Andrea Chancey, \$60

6-week series, Thursdays, Oct. 17-Nov. 21 & Monday, Nov. 25, 6:00-7:00 pm

Name: _____

Phone/email: _____

_____ I'm paying by check (make check payable to The Yoga Connection, drop off or mail c/o Be Well Now, 221 E. Center Dr. Alton, IL 62002)

_____ I paid through the website (The Yoga Connection) or at Be Well Now

_____ I'm also paying for a friend _____

Please email me about:

New yoga classes/workshops _____ Private classes _____ Corporate group classes _____

Please include me in your mailing list for a monthly newsletter _____

Email address: _____

How did you hear about this class/workshop? _____

I give The Yoga Connection permission to take a photograph of me within the group setting. I understand the photo(s) may be used on The Yoga Connection's Facebook page and/or website.
