

**Renewing Body and Soul with Yoga, Meditation, and Sound: a One-Day
Retreat Fundraiser for POC Yoga and Zenyu
Saturday, March 29th, 9:30am - 4pm**

For more info: www.zenyuhealing.org

Registration/Contact Sheet

Contact Information:

Name: _____

E-mail: _____

Phone: _____ Alt Phone: _____

Mailing Address: _____

Best way to reach you: _____

This retreat is a fundraiser to benefit People of Color Yoga and Zenyu.

Payment:

The retreat fee is \$75-\$150 sliding scale. This is a fundraiser for Zenyu and POC Yoga, two community organizations dedicated to the health and wellness of economically marginalized communities.

Please help us keep this work sustainable by paying at the top of your pay scale. Limited work-exchange scholarships available. Please feel free to email us at zenyuseattle@gmail.com with questions about the scale, work-exchange or payment arrangements.

_____ I am including a check for full amount with the registration form. Please make check payable to Zenyu.

_____ I would like to make another payment arrangement. We ask for a \$50 deposit to hold your space. Please specify payment arrangement.

Below are some questions that help us make the most of our time together. We appreciate your taking the time to answer them.

How do you describe yourself? Do you have any particular needs or wants you would like to see addressed at the retreat?

Do you have any physical ailments that you would like the instructors to know about?

What similar retreats and/or experience have you had in this area?

What are you hoping to learn or take away from this retreat?

Is there anything we haven't asked that you would like to see included here?

The workshop will take place on Saturday, March 29th from 9:30am to 4pm.

Location:

Technology Access Foundation, 605 SW 108th St, Seattle, WA 98146
(Lakewood park area of Seattle)
TAF's Bethaday Community Learning Space

Registration info:

Spots will fill up quickly so please send the registration form and payment with check addressed to: Zenyu, 2828 S. Frontenac Street, Seattle, WA 98108

PRIORITY DEADLINE: Saturday, March 8th, 2014

WAIVER AND DISCLAIMER REGARDING YOUR PARTICIPATION

PLEASE READ CAREFULLY AND SIGN:

I waive any and all claims for myself against Zenyu or any other affiliated persons for injury or illness which may directly or indirectly result from participation.

Your Authorization Signature

Date

Should you have any questions please feel free to email us at zenyuseattle@gmail.com

Thank you. We look forward to seeing you!