

ASHTANGA WITH PAUL DALLAGHAN

REGISTRATION INFORMATION

Register in person, by mail, phone or online.

\$750 for the 5 Day Intensive, \$200 for the Weekend Workshop, or \$850 for the 5 Day Intensive plus the Weekend Workshop. Individual class sessions are available only through the Weekend Workshop. Prices go up after 10/3.

Workshop Packages

- Weekend Workshop Only, \$200
- 5 Day Intensive Only, \$750
- Weekend Workshop +
5 Day Intensive, \$850

Individual Sessions (Weekend Workshop Only)

- Ashtanga Vinyasa in Detail
Saturday, 10/11, \$60/\$65
- Discussion on Practice & Philosophy
Saturday, 10/11, \$60/\$65
- Mysore Style Ashtanga
Sunday, 10/12, \$50/\$55
- Philosophy, Pranayama, Q&A
Sunday, 10/12, \$50/\$55

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-Mail _____

Payment Amount _____ Payment Type Cash Check Credit Card

Credit Card _____

Card # _____ Exp. Date _____

Signature _____