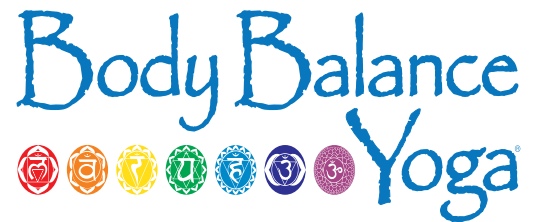


Teaching & Practicing Therapeutically Jacksonville, FL

a Body Balance Yoga Therapy® ancillary program
designed for teachers, health/wellness professionals, and dedicated students

October 15 & 16, 2011
Breath, Gravity, & Center with Lisa Long



November 12 & 13, 2011
Rotation, X's & Space with Lisa Long

Jenny Otto, E-RYT® 500
Certified Anusara®
KMI Certified® Structural Integrator
Founder & Director, Body Balance Yoga®
www.bodybalanceyoga.com

January 27 - 29, 2012
Yoga & Structural Integration with Jenny Otto

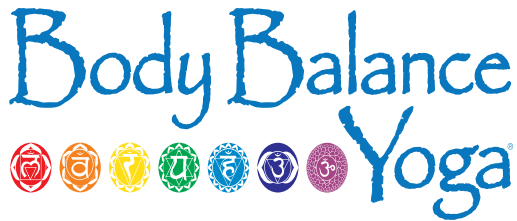
Lisa Long, E-RYT® 500
Anusara-Inspired®
Certified Body Balance Yoga Therapy®
Comprehensive Pilates Certified
www.longlisa.com

Saturdays - Noon - 5 p.m.
Sundays - 9 a.m. - 3 p.m.
Friday night, January only -
6:30 p.m. - 8:30 p.m.

For a global whole body view, join us to learn therapeutic protocols and techniques that will help you and your students **Move Well. Breathe Well. And Be Well.** You will learn to see and feel through a new lens that will enable you to understand patterns and map pathways towards resolution. You will learn specific therapeutic techniques that you can implement into your personal practice and your teaching immediately. To apply, please fill out an application and submit by October 1, 2011.

Questions? Email Lisa at garrisonridge@gmail.com or call (904) 699 - 2230.

www.LearnYogaTherapy.com



Application

Teaching & Practicing Therapeutically
Jacksonville, FL

Name

Phone

Address

Email

Please use the back of this form to answer the following questions.

1. Do you practice Yoga? How many times per week? How many years? What style? Who are your primary teachers?
2. If you do not practice Yoga, please let us know your movement background and knowledge of the body.
3. Do you teach Yoga? What style? How long have you been teaching?
4. What do you hope to learn from this training? How do you plan to use the knowledge?
5. Do you have an injury or special condition?

To obtain these rates, please submit payment 2 weeks prior to the first workshop you are attending. For late registration, please add an additional \$25. Due to space, we can not accept walk-ins. All participants must apply and pre-register. You will receive acceptance notification via email. Hours with Jenny Otto count towards Anusara Yoga hours & Body Balance Yoga Therapy Certification hours. Hours with Jenny and Lisa Long count towards Yoga Alliance CEU's and may be petitioned for AFAA CEU's.

- 32 hours** - all 3 weekends & January, Friday Night = \$500
30 hours - all 3 weekends only = \$470
20 hours - 2 weekends only = \$325
10 hours - one weekend only = \$170
2 hours - January, Friday Night only = \$40

Please check all that apply. I will attend and have made payment for the following:

- All 3 weekends & January Friday Night
- October 15 & 16, 2011
- November 12 & 13, 2011
- January 28 & 29, 2012
- Friday Night, January 27, 2012

Return this form with a check payable & delivered to
Lisa Long
13740 Night Hawk Ct.
Jacksonville, FL 32224

Total Amount _____

Refunds with 24 hour notice minus \$50 processing fee.