



**WEEKEND WORKSHOP WITH MANOUSO MANOS REGISTRATION FORM**  
**February 24-26, 2012**  
**Pre-Registration and Pre-Payment Required**

**NOTE:** Friday & Saturday Classes: Absolutely NO BEGINNERS; 6 months Iyengar Yoga Required

Friday (all levels) 6:00 to 8:00 pm     Saturday (all levels) 10:00 am - noon

Saturday (all levels) 1:00 - 3:00 pm

**1 Class Fee \$50    2 Classes \$85    3 Classes \$120**

Sunday, 8:00 am - noon: This class includes Pranayama, Q&A, Asana

**Sunday Class Fee \$80**

**All Classes \$190**

Please fill out this form and send along with your payment to:

**Iyengar Yoga Center of La Mesa, 8285 La Mesa Blvd Suite C, La Mesa, CA 91941**

*(please make checks payable to Iyengar Yoga Center of La Mesa)*

Total Enclosed \$ \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ email: \_\_\_\_\_

For more information call (619) 871-8380

