



Holi: Inviting Spring with the Festival of Colors

March 18-20, 2022

REGISTRATION

Name _____

Email _____

Phone _____

Address _____

Level of practice

Any physical issues impacting your yoga practice:

Check which sessions you plan on attending:

Friday

___ 5:30-6:30 pm: Asana - Drawing Energy from our Foundation with Mary

___ 6:45-8:15 pm: What is Holi and How is it Celebrated? | Earth Peace Chant with Bob and Leslie

Saturday

___ 8-8:45 am: Pranayama with Mary

___ 9-10:00 am Asana: Inspirations from Nature

___ 10:15-11:45 am: Form, Color, and the Sap of Sadhana | Yoga Sutra 3:46 | Bob and Leslie

Sunday

___ 8-8:45 am: Pranayama with Mary

___ 9-10:00 am: Asana - Awareness and the Art of Being | Mary

___ 10:15-11:45 am: The Yamas and Deep Ecology | Yuyam Vayam verse | Leslie and Bob

Prices

50/60 minute Asana and Pranayama Sessions:
\$20

90 minute Philosophy and Chanting sessions:
\$30

Whole workshop \$175

TOTAL COST: _____

Please complete the form and mail with a check to North Woods Yoga:

Mary Reilly

5586 Fisher Road

Harbor Springs, MI 49740

(Please do not mail to the North Woods Yoga studio in Petoskey.)

Or you can calculate your total **manually** and pay online using the “**other amount**” on our Zoom page (<http://www.northwoodsyooga.com/zoom.htm>) Please answer the HOLI question on the online form “YES” then indicate which sessions you want on the Zoom field that appears.. Zoom links will be emailed to participants.