

“Diversify Your Practice”

Yoga in the Garden

** Indicate here which one of the following you would like to attend:

- Yoga for all: Radical Self Love Class with Dianne Bondy
- Trauma-sensitive yoga
- Yoga for Spanish-speakers
- Senior yoga, 65 and older

*A limited amount of mats, blocks and straps are available for participant use.

** Some of the yoga practices will be outside in the gardens. If you have an allergy or concern about insects, bring appropriate precautions.

Registration Information

Name:

Address:

Phone:

Email:

Would you like to receive information about future events from The Center for Trauma & Resilience? Yes No

How did you hear about this event?

To help us serve you at this event, please circle your answers below (Optional):

Age: under 25 25-35 36-45 56-65 66-75 76+

Ethnicity/Race:

Languages spoken:

I am a yoga instructor: YES NO

I am a mental health professional: YES NO

I am a studio owner: YES NO

Any special accommodations requested?

Would you like an interpreter?

Payment: \$65 via MasterCard or VISA

Questions? Please contact Ashley Brown at abrown@traumahealth.org (English) or Maryan Gomez at mgomez@traumahealth.org (Spanish) or by phone at 303-860-0660.

Refund policy: No refunds after May 24. All refunds will incur a \$20 processing fee.