

Wetland Wellness at Heckrodt
YOGA
Presented by Fox Valley School of Massage

To register for Wetland Wellness programs, please fill out the following information.
Payment must accompany all registrations.
Space is limited and will not be held without payment.

Name of Participant: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Contact Phone: _____ Email: _____

Class 1: Wednesday June 19 @ 10:00 AM

Intro to Yoga—Gentle Yoga for Adults

Ages 18 and up

\$10/person

Class 3: Saturday June 22 @ 1:00 PM

Intro to Yoga for Kids—Animal Poses for Kids

Ages 6-12

\$10/person

Class 2: Wednesday June 19 @ 12:30 PM

Intro to Yoga—Gentle Yoga for Adults

Ages 18 and up

\$10/person

Class 4: Saturday June 22 @ 3:00 PM

Intro to Partner Yoga— Sign up alone or with a friend

Ages 18 and up

Total enclosed: _____

- **Bring your completed Health History Form to Class**
- **Bring your Yoga mat and Yoga block**
- **Bring a full water bottle**
- **Park in the main parking lot. Class is held in the Environmental Learning Center (A-Frame)**