



*Birmingham Yoga*  
*Presents*



## David Williams

**ASHTANGA YOGA FOR THE REST OF YOUR LIFE**  
4 Days, 5 Classes: May 13-16, 2010

**Location:** The University of Alabama at Birmingham Campus Recreation Center  
1501 University Blvd, Birmingham, Alabama 35294

**Early Registration \$250** (by April 13)

**Regular: \$300**

Individual Sessions are available

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

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

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

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

### SCHEDULE:

\_\_\_\_ **Thursday, May 13, 5:30- 8:00 PM.** Foundation class-Discussion of how David thinks Ashtanga yoga should be taught and practiced based on his 38 years of daily practice and teaching. If you can only attend one class, attend this one! **\$60**

\_\_\_\_ **Friday, May 14, 5:30-8:00 PM.** 1<sup>st</sup> Series with thorough explanations of every step **\$70**

\_\_\_\_ **Saturday, May 15, 10:00 AM-12:00 Noon.** 1<sup>st</sup> Series Completed with less interruption by David's commentary, except for postures not covered the day before **\$70**

\_\_\_\_ **Saturday Evening, 4-7 PM.** History of yoga, David's travels and adventures, his bringing Ashtanga Yoga to America and its eventual spread to the rest of the world **\$70**

\_\_\_\_ **Sunday, May 16, 10 am-12:00 noon.** Intro to 2<sup>nd</sup> Series in a way that everyone at all levels can try and enjoy **\$70**

**Payment:**  Check (Check # \_\_\_\_\_)  CC/PayPal (on-line)

---

**MAIL REGISTRATION & PAYMENT TO: TERRI SELLERS, BIRMINGHAM YOGA, 901 MASTERS LANE,  
BIRMINGHAM, AL 35244**

**PAYMENT ON-LINE AT [WWW.BIRMINGHAMYOGA.COM](http://WWW.BIRMINGHAMYOGA.COM)**

---



PLEASE READ AND SIGN POLICIES ON NEXT PAGE



## BIRMINGHAM YOGA POLICIES

Your registration for the David Williams workshop acknowledges that you have read and accept the following Birmingham Yoga policies:

### REGISTRATION POLICIES

MAILING PAYMENT: Please allow one week for mail travel time.

You may mail payment to:

Terri Sellers  
Birmingham Yoga  
901 Masters Lane  
Birmingham, AL 35244

***Registration is also available online using PayPal-[www.birminghamyoga.com-Events](http://www.birminghamyoga.com-Events)***

### CANCELLATIONS/REFUNDS

*Administration Fee:* A \$35.00 administration fee will be applied to each and every cancellation/refund.

*Refunds:* Refunds can be made prior to 30 days before the event (April 13, 2010). Refunds, less the \$35 administration fee, requested within 30 days of the event, must follow these guidelines:

- 1) If the event is sold out and the SPACE CAN BE FILLED with wait-list participants, then refund can be made, less the \$35.00 administration fee.
- 2) You may transfer your registration to another participant. This must be addressed on a per-situation basis to take into consideration the wait-list for sold-out events.
- 3) If you pay for a workshop and do not attend, we cannot honor a refund.

**NO REFUNDS AFTER 30-DAYS PRIOR TO THE EVENT.**

### WAIVER AND RELEASE OF LIABILITY

The participant acknowledges that the course can consist of strenuous physical exercise from which he/she can suffer personal injury. The participant agrees to forever hold harmless Birmingham Yoga, its employees, representatives, and the hosting facility from any and all liability or damages resulting from personal injury, theft or loss of personal property. It is always a good idea to consult your health care provider for approval prior to any participation in physical activity.

Please contact Birmingham Yoga or email Terri Sellers at:[birminghamyoga@gmail.com](mailto:birminghamyoga@gmail.com) or phone 205/427-2171 with any questions regarding our policies. Thank you.

Please sign your name below indicating that you have read these policies. We look forward to your participation in this exciting event!

~Namaste~

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

***Recommendations for attending workshop:*** *Wear loose, comfortable clothing that permits movement and bring your own water bottle, mat and towel. It is best to practice yoga on an empty stomach (last full meal consumed 2-3 hours prior to class).*

