



**YOGA CENTER
OF MARIN**

518A Tamalpais Drive
Corte Madera, CA 94925
(415) 302-8457
yogacenterofmarin.com

A DAY OF YOGA

with JAMIE LAMKA

Saturday, September 1, 2018 8:30–10 AM & 4–6 PM



Labor Day weekend signals the end of summer and the start of autumn. Summer projects and vacations are over with, and children and teachers head back to school.

Around this time, Jamie has always felt slight loss, coupled with anticipation of new learning and opportunity.

So here's your chance to celebrate the recent past, and get yourself ready for the immediate future!

Join this DAY OF YOGA with Jamie at the Yoga Center of Marin. Get stretched out in the morning and chilled out in the afternoon!

— *Hope to see you there!* —

THIS WORKSHOP:

- All levels welcome!
- Class size limited

PRE-REGISTER BY 8/21:

\$45 full workshop
\$30 afternoon only

AFTER 8/21 OR DROP-IN:

\$55 full workshop
\$35 afternoon only

JAMIE LAMKA has been practicing yoga for 38 years and teaching for 26. He has developed yoga programs for contractors, aging athletes, and health care providers. Jamie's strength is his grasp of the fundamentals, compassion for pain, and understanding of human challenges. Jamie offers his students individual attention and life-supporting knowledge.

Use this form to register or register online. Pre-registration is encouraged for all workshops.

WORKSHOP/Date/Time: SATURDAY WORKSHOP with JAMIE LAMKA / Sept. 1, 2018 _____

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

email: _____

HOW DID YOU HEAR about this series? Flyer Website

Ad Friend Drive/walk by Other _____

PAYMENT BY: check MC/VISA AMOUNT: _____

Card #: _____ Exp date: _____

Name on card: _____

Card billing address: _____

Please sign

Signature: _____

CHECKS PAYABLE TO: Yoga Center of Marin • **MAIL TO:** Yoga Center of Marin, 518A Tamalpais Dr., Corte Madera, CA 94925
FOR A COMPLETE SCHEDULE of our classes and workshops, check our website at www.yogacenterofmarin.com



08/01/2018