

Welcome to a Gualala Art's workshop
Yoga in the Redwoods with Janet MacLeod
On Friday, Saturday and Sunday November 1, 2, and 3, 2013
Friday from 6:00 to 8:00
Saturday from 10:00 to 12:30 and 2:30 to 4:30
Sunday from 10:00 to 12:30

- Payments can be refunded minus the \$25 registration fee until the "register by" date; after that date, no refunds
- If the class does not fill, you will receive a full refund.

Please check that your class has filled before the first meeting date.

If you would like to receive monthly workshop email announcements, please go to our website, GualalaArts.org. Go to the left menu and click "Email sign up." After signing in with your current email address, instructions will be mailed to you for updating your email choices. If you need information on food and lodging in the Gualala Area, go to our website and look under "Visitor Info".

MATERIALS LIST

1 Sticky Mat (Contact Roberta Tewes at robertatewes@earthlink.net if you do not have one.)