The DSRF will be offering a 15 week yoga program taught by a certified yoga instructor. The goal is to create a safe and supportive environment for adults to practice and study yoga, to encourage life-long learning, foster self-understanding, and promote a happy and healthy lifestyle.

This hatha based multi-level program of yoga technique is delivered in a gentle and therapeutic style. Each class follows the same outline with routines tailored to the individual's level of development. Students will participate in five essential yoga practices: music and sound therapy, breathing practices, eye exercises, asanas (yoga poses), and deep relaxation.

These practices are designed to strengthen and stretch the entire muscular skeletal system, balance the nervous system, increase breathing efficiency, improve body awareness, improve communication skills, increase each student’s ability to self-regulate, and of course provide a relaxing and engaging experience!

**Age:** 19+  **Dates:** September 6 to December 13, 2019  **Schedule:** Fridays 12:30 pm - 1:30 pm  **Fee:** $150 for 15 sessions

**Cancellation Policy:** All withdrawal requests must be received in writing to nimet@dsrf.org by one week prior to the program start date. No refunds after the start of program. Class size is limited, so please register early to secure a spot.

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**Registration**

Client’s Information

Last Name: ___________________ First Name: ________________  
Address: _______________________________________________  
City: __________________________ Postal Code: _________________  
Phone: __________________________ Date of Birth: _________________  
Parent Name: ___________________  
Phone: __________________________ Cell: ______________________  
Work: __________________________ Email: ______________________

**Payment Information:**

[ ] Cheque enclosed   [ ] Please charge my [ ] Visa  [ ] Mastercard   Amount $______

Name on Card: __________________________

Card Number _____ / _____ / _____ / _____ expiry date ____ / ____

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For questions or to register please contact Nimet Tejpar at 604-444-3773 or nimet@dsrf.org