



The Lemon Project

Yoga Fund Raising Event

to aid a women's health and wellness initiative in the Jordan Valley
and to promote Global Awareness and Friendship

March 23rd and 24th, 2007

The Keystone Center · 1628 Sts. John Road, Keystone, CO

Friday Evening: 7:00 P.M. to 9:00 P.M.

- Introduction
- All levels, full-spectrum yoga practice with Mary Pat

Saturday Morning: 9:00 A.M. to 12:00 Noon

- All Levels, heart opening yoga practice focusing on introduction to backbends with Mary Pat
- Introduction to Yoga Chanting with special guest, Lynn Albers.

Saturday Afternoon: 2:00 P.M. to 5:00 P.M.

- All Levels, hip-opening practice with Mary Pat
- Yoga Chanting with Lynn Albers

FEE: \$75.00 full workshop or \$30.00 each Individual Sessions.

Limited equipment available - Please bring your own mat, props, etc.

Please Register by Monday, March 19

100% of the or proceeds will be donated to the Lemon Project



Directions:

- Hwy 6 East past Keystone Conference Center
- Left on Sts. John Road.
- Straight thru intersection
- The Center and Parking is on the right.

Sponsored by Free Spirit Yoga. Contact, Mary Pat Cropper 970-485-0626 www.freespiritofyoga.net freespiritmp@earthlink.net

Registration Form

To reserve your space, please complete this form with your check made out to the Lemon Project

Mail to: Mary Pat Cropper, P.O. Box 715, Silverthorne, CO 80498

Name: _____ Amount Enclosed \$ _____

E-Mail: _____

Phone: _____

Classes Attending - All Sessions _____ Friday _____ Saturday AM _____ Saturday PM _____

Yoga Experience: None: _____ 1-3 years: _____ over 3 years: _____