



# tosa yoga<sup>LLC</sup>

BE HAPPY. ENJOY YOGA.

## SUMMER SESSION 2010

**NEW!** Check out our Summer 2010 Workshops:

Belly Dance, Family Yoga, Yin Yoga, Hip Hop Yoga, and  
Advanced Core & Arm Balance!

### WORKSHOPS:

- Sunday, Jul. 25th**  
4:30- 6:30 p.m. Belly Dance Workshop w/Nikka ..... \$25/person (2-hr. class)
- Saturday, Aug. 14th**  
1:30 – 2:30 p.m. Family Yoga w/Melanie..... \$25/person (2-hr. class)
- Friday, Aug. 20th**  
6:00 – 8:00 p.m. Yin Yoga Workshop w/Shayna ..... \$25/person (2-hr. class)
- Sunday, Sept. 5th**  
4:30 - 6:30 p.m. Belly Dance Workshop w/Nikka..... \$25/person (2-hr. class)
- Sunday, Sept. 12th**  
4:30 - 6:30 p.m. Hip Hop Yoga w/Nikka ..... \$25/person (2-hr. class)
- Saturday, Sept. 25th**  
2:00 – 4:00 p.m. Advanced Core & Arm Balance Workshop  
w/Melanie..... \$25/person (2-hr. class)

**Now offering Thai Yoga Massage by appointment with Shayna!**  
Contact [shayna@tosayoga.com](mailto:shayna@tosayoga.com)

Fall session begins October 3rd!

\* No class Monday, Sept. 6th

For proper registration, please complete the sign-up sheet and send it with your payment. Your registration is complete once your payment is received. You will only be contacted if the class you register for is full.

#### Please make check payable to: Tosa Yoga, LLC

Mail payment along with your registration form to:

**Tosa Yoga, LLC • 6428 W. North Ave. • Wauwatosa, WI 53213.**

Or, drop off your registration form with payment at our Studio! Please use the mail slot in the back door (east side of building). Questions? Please call 414 828 7555.

#### Important Class Information:

- Your registration is complete once your payment is received. You may register for a class through the third week at a prorated cost, however, class availability may be limited as classes do fill up early. After the third week, you may drop-in to a class for the drop-in rate of \$13.00 per class.
- Mats, props and water are provided, or you may bring your own.
- It is very important that your muscles to stay warm during a yoga practice, so the room is heated to at least 75 degrees.
- Please wear comfortable clothing and layer. Feel free to bring a small towel.
- Do not eat for about 2 hours before class.
- Make sure your cell phone is off while in class.
- You can park in front of the studio or on side streets.
- The studio will open 10 minutes prior to class - please arrive on time.
- Come with an open mind and open heart!

**Early registration is encouraged  
as many classes fill up quickly!**

# REGISTRATION FORM

## CLASSES & PRICES:

- MONDAY** (Jul. 12 - Sep. 27)\* ..... \$110/11 weeks  
6:00 - 7:15 p.m. Yogilates with Melanie  
7:30 - 8:45 p.m. Beginning Yoga with Melanie
- TUESDAY** (Jul. 13 - Sep. 21) ..... \$110/11 weeks  
6:00 - 7:15 p.m. Beginning Yoga with Melanie  
7:30 - 8:45 p.m. Intermediate Yoga with Melanie
- WEDNESDAY** (Jul. 14 - Sep. 22) ..... \$110/11 weeks  
6:00 - 7:15 p.m. Intermediate Yoga with Melanie  
7:30 - 8:45 p.m. Beginning Yoga w/Melanie
- THURSDAY** (Jul. 15 - Sep. 23) ..... \$110/11 weeks  
8:30 - 9:45 a.m. Intermediate Yoga with Melanie  
10:00 - 11:15 a.m. Beginning Yoga with Melanie  
11:30 - 12:45 p.m. Gentle Yoga with Melanie  
6:00 - 7:15 p.m. Power Yoga with Shayna
- SATURDAY** (Jul. 17 - Sep. 25) ..... \$110/11 weeks  
8:00 - 9:15 a.m. Intermediate Yoga with Melanie  
9:30 - 10:45 a.m. Beginning Yoga with Melanie
- SUNDAY** (Jul. 18 - Sep. 26) ..... \$110/11 weeks  
3:00 - 4:15 p.m. Power Yoga with Shayna

**THAI YOGA MASSAGE** ..... \$75/60 min. / \$100/90 min.

**PRIVATE INSTRUCTION** ..... \$50/space/\$5/person  
75 minutes of private Yoga instruction per class.

**"DROP-IN YOGA"** ..... \$13/Class  
Drop-ins allowed in adult classes only.

Date: \_\_\_\_\_

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

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

City: \_\_\_\_\_

State & Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Name of Class: \_\_\_\_\_

Time of Class: \_\_\_\_\_

Day of Class: \_\_\_\_\_

Date Class Begins: \_\_\_\_\_

Price: \$ \_\_\_\_\_

Method of Payment (please circle): **Cash** **Check**

**Gift Certificates Available!**  
**Receive 10% OFF if you sign up for 2 or more classes!**