

Gentle HATHA YOGA



Ed and Maude Valentine, RYT

CLASS SCHEDULES

3 Classes to fit your busy schedule. New classes starting soon.

St. Joseph's Catholic Church
Parish Hall Basement
608 South 34th St. – Tacoma

Tuesday evenings
6:00 - 7:15 p.m.

Beginning Yoga

Wednesday evenings
6:00 - 7:15 p.m.

Level II Yoga

Saturday morning with Ed
9:00 - 10:15 a.m.

All Level Yoga drop-in



Yoga is not about competition, everyone learns at their own pace.

Modifications are given to accommodate all levels of fitness

- Reduce stress
- Increase flexibility
- Improve posture
- Improve circulation
- Boost your immune system
- Create a sense of well being
- Minimum age 12 years

\$72.00 for eight week session
\$10.00 drop-in fee

To register or for more information call Ed or Maude at (253) 475-6091
Make checks payable to St. Joseph's Church

Consult your physician before starting any exercise program

For more information visit our website at www.YogaValentine.com
Or email info@YogaValentine.com

GENTLE HATHA YOGA REGISTRATION FORM

Ed and Maude Valentine, Certified Yoga Instructors

Class date and time: _____ Location: _____

Name _____ Age _____

Height _____ Weight _____ Address _____

Email _____

Phone (Home) _____ (Work) _____

Experience with stress management techniques, yoga or meditation: _____

Current exercise program: _____

Please list any prescription or non-prescription medications you are taking, and what they are for: _____

Please list any history of surgeries, major illnesses, chronic conditions, accidents, injuries or psychiatric care you have had and the approximate dates: _____

What is your primary reason for taking this program/session? _____

ACKNOWLEDGEMENT AND WAIVER

I, _____, acknowledge that Ed and Maude Valentine, the Yoga Teachers who I will be working with, have informed me that Yoga is not a medical procedure; and, the Yoga Teachers will not be providing a diagnosis or treatment of any medical problems or concerns that I may have. I understand that Yoga Therapy is a process of integration intended to facilitate wholeness and self-awareness. I also understand that I am solely responsible for my health, safety and well being. I agree that I will inform the Yoga Teachers of any activity or movement, which I cannot safely perform, and that I will not perform any activity or movement that I feel is likely to cause me to injure myself. I agree to hold the Yoga Teachers harmless from any and all responsibility for any injury, which I may sustain during or as a result of my Yoga sessions or classes.

Signed: _____ Dated: _____

Please consult your doctor before starting any exercise program.

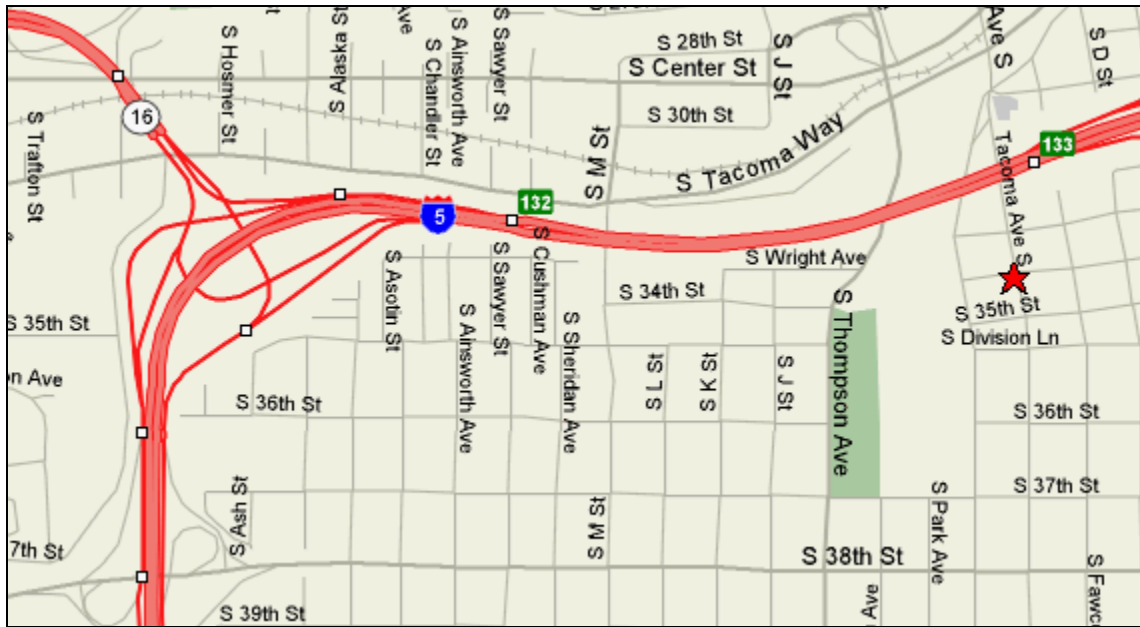
Make checks payable to St. Joseph's Church.

Please fill out and return as soon as possible with applicable class fees to:

PO Box 11252, Tacoma, WA 98411

DIRECTIONS TO YOGA CLASS

Where: St. Joseph's Church
(church membership not required)
Parish Hall Basement
608 South 34th St. – Tacoma



Directions from I-5

Take the South 38th Street exit. Go east to Tacoma Avenue South then turn left. The church is on the corner of 34th and Tacoma Avenue South. Park in the back of the church, follow the “Yoga” signs to the basement.

To register please call Ed or Maude Valentine at (253) 475-6091
email: edwinvalentine@yahoo.com.

Visit us on the web at www.YogaValentine.com