



## THE YOGA PLACE

444 Main Street, suite 204

La Crosse, WI 54601

Chris Saudek, director

(608) 784-2622

[www.yogalacrosse.com](http://www.yogalacrosse.com)

### An Iyengar Yoga Intensive Weekend with Swati Chanchani April 30 – May 2, 2010

**Friday, April 30**                      **5:30 – 8:00 pm**

**Saturday, May 1**                      **10:30 am – 1:30 pm**  
   **4:30 – 6:30 pm**

**Sunday, May 2**                      **8:30 am – 11:30 am**

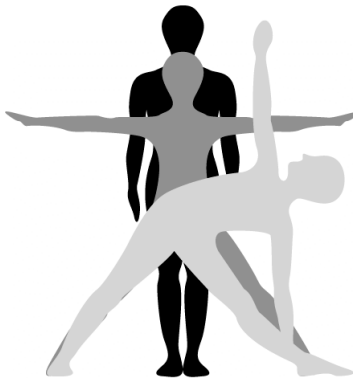
Swati Chanchani is a long-time student of B.K.S. Iyengar and a very dedicated teacher and practitioner of Iyengar yoga. Every winter, Swati and her husband spend up to two months in Pune, India to study with the Iyengars. The Chanchanis are the directors of the Yoga-Ganga Centre for Yoga Studies in Mussorie, India where they instruct ongoing classes for all ages and have residential workshops for international students. They are the authors of *Yoga for Children*. Please join us to experience one of the finest Indian yoga instructors.

**The price for all the classes is \$140. Please sign up early as space is limited. Entire workshop registrations will be given priority until March 27th. After that, the following options will be available if there is still space: Friday night only (\$35), Saturday all day only (\$80), Friday night and all day Saturday (\$110), Saturday all day and Sunday morning (\$120). Students presently enrolled at The Yoga Place may take \$5 off the Friday class or \$10 off any other class combination. Registrations will be dated by when they are received and you will only be informed if there is no space available. Friday night is open to any student who is familiar with the basic poses including Sarvangasana. The rest of the workshop is open to students strong in standing poses and who regularly practice Sarvangasana, Sirsasana, Adho Mukha Vrksasana, and Urdhva Dhanurasana.**

**Call Chris or Ann at (608) 784-2622 or email [chris@yogalacrosse.com](mailto:chris@yogalacrosse.com) with any questions. Register early to assure your place (see reverse side).**

Please fill out the registration form on the reverse and keep your schedule.

**Visit us at our website: [www.yogalacrosse.com](http://www.yogalacrosse.com)**



*Our **refund policy** is firm. There will be no refunds after April 10th unless your space can be filled and no refunds period after April 20th. Included in the fees is a processing fee of \$10 for the Friday night class and \$25 for any of the other options. The processing fee is non-refundable and non-transferable (this will be subtracted from your fees in the case of any cancellation, even if your spot can be filled)*

Information on hotels and a map to The Yoga Place can be found on our website:  
[www.yogalacrosse.com](http://www.yogalacrosse.com)

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Workshop Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

**Please make checks payable to The Yoga Place and send registration to:**

Swati Chanchani workshop  
The Yoga Place  
444 Main Street  
Suite 204  
La Crosse, WI 54601

Enclosed is payment for:

FULL WORKSHOP \_\_\_\_\_

Friday Night only \_\_\_\_\_

Friday and Saturday \_\_\_\_\_

Saturday and Sunday \_\_\_\_\_

Housing with local students may be available. Check if you are interested and we will do our best! \_\_\_\_\_

I have read and fully understand your cancellation policy

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(your signature)