

The National Organization for Women, Mid-Suffolk Chapter Proudly Presents

YOGA WORKSHOP



Saturday, May 21st, 2016

9:30am – 1:30pm

held at

Setauket Neighborhood House

95 Main Street, East Setauket, NY
631.751.6208 www.setauketneighborhoodhouse.com



Sponsored by

Mid-Suffolk NOW

www.midsuffolknow.org

with

GRACE WELCH

Certified Yoga Teacher since 1997

for past 13 National NOW Conferences

www.gracewelch.com phone: 631.234.4747

This event is a Fundraiser, proceeds go to sponsoring a youth delegate to represent our chapter at the National NOW Conference June 23-26 in Washington, D.C. as part of NOW's Young Feminist Initiative

Donation: \$40.00

EVERYONE WELCOME • FREE GIVE-AWAYS • SUPPORT A GOOD CAUSE • NETWORKING

IMPORTANT NOTES:

- Wear comfortable, loose clothing
- Do not eat two hours before class
- Bring a Yoga mat and/or blanket (wooden floor)
- Light refreshments will be offered after class
- Raffle for good stuff and various yoga items; mats, tapes and gift certificates
- 50/50 Raffle

Registration deadline is May 15th. Spots are limited, early registration is encouraged.

Please make checks payable to 'Mid-Suffolk NOW' (no cash please).

Mail form and payment to: Mid-Suffolk NOW, PO Box 330, Stony Brook, NY 11790

Yes, I want to support a college student to attend National NOW. Please reserve my spot, enclosed is \$40.00.

Check Level: Beginner Intermediate Advanced Yoga Student

Sorry I cannot attend, but enclosed is my contribution of \$_____.

Name: _____

Address: _____

Email: (print clearly) _____ Phone: _____