

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

# YOGA WORKSHOP



**Saturday, June 10<sup>th</sup>, 2017**

9:00am – 1:00pm

with

**GRACE WELCH**

*Certified Sivananda Yoga Teacher*

www.gracewelch.com phone: 631.234.4747



Sponsored by  
**Mid-Suffolk NOW**  
www.midsuffolknow.org

held at

**Setauket Neighborhood House**

95 Main Street, East Setauket, NY

631.751.6208 www.setauketneighborhoodhouse.com

**This event is a Fundraiser, proceeds go to sponsoring a youth delegate to represent our chapter at the National NOW Conference June 30-July 2 in Orlando, Florida as part of NOW's Young Feminist Initiative**

**Donation: \$45.00 (\$40.00 if received by May 10<sup>th</sup>)**

**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 June 1st. 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 \$45.00 (\$40.00 prior to May 10<sup>th</sup>).

Check Level:  Beginner  Intermediate  Advanced Yoga Student

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

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

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

Email: (print clearly) \_\_\_\_\_ Phone: \_\_\_\_\_