

ASHTANGA VINYASA YOGA WORKSHOP

WITH DENA & JACK



REGISTRATION:

To reserve your place in the 6-day workshop with Dena & Jack, from 21 July to 26 July 2024, please fill out and return this registration form directly.

Once you receive an email confirmation of acceptance pay the €50 non refundable deposit by bank transfer.

FULL COURSE FEE: 360€

360 € : Balance of 310€ is required by March 2024

With the deposit of 50€ your place is reserved.

With the transfer of the whole course fee, your place is bindingly booked and reserved.

BANK DETAILS: Inga de Martin

GLS Gemeinschaftsbank eG 44774 Bochum

IBAN: DE17430609672034123201

BIC: GENODEM1GLS.

Reference: Your name and DENA&JACK2024

SCHEDULE:

Sunday. 21.07. from 07:30 until 8:00 Arrival/ Registration
8:00 - 12:00 Teachings (seated practice, asana led primary series, a short break then a philosophy session.)
Mo- Fr 22.-26.07. 8:00 - approx. 10.30/11:00am: Workshop (seated practice, asana Mysore style)

.LOCATION:

GOLDEN GROUND STUDIO, Willy-Brandt-Str. 57, 20457 Hamburg, very central

Are you new to yoga?: Yes No

Are you new to Ashtanga yoga?: Yes No

Have you practiced Mysore Style? Yes No

Injuries/Conditions: _____

I give consent to receive hands on adjustments

I prefer not to be adjusted

Name

Email:

(Privacy is always respected)

Mobil Nr.: Tel.:

Emergency contact

(Privacy is always respected)

Mobil.:

ADDRESS:

Street

City

Postcode

Country

Place, Date

Signature



Inga de Martin

Mobil 0178-7348547
inga@kinder-yoga.com

Sanderstrasse 5
21029 Hamburg

ASHTANGA VINYASA 6 DAY WORKSHOP

After receipt of the registration form you will receive an email with a confirmation of your registration. (We assure you that we will treat your data respectfully and confidentially and will not pass it on to other organizations or third parties.)

To ensure your place is reserved the deposit is due within two weeks of registration. A further €310 is required by 31 March 2024 to confirm your place.

TERM AND CONDITIONS

I have read and agree to the terms and conditions.

Cancellation Policy/ Fees:

The 50€ deposit is non refundable. A further 310€ is required by 31 March 2024 to confirm your place.

Cancellations received by 1 May 2024 will be refunded the paid course fee minus the non refundable deposit of 50€. Cancellations received by 1 June 2024 will be refunded a total of 50% of the course (180€). After 1 June, 2024, no refunds are possible.

Please notice:

Your participation is guaranteed only after full payment of the course fee.

Locations and times are subject to change.


How did you hear about the workshop? _____

Inga de Martin Mailing List:

I give permission to Inga de Martin to add my email to the distribution list and I will be informed about news, events and more, about Ashtanga Yoga and iRest®Yoga Nidra in Germany. (Only once or twice a year)

Questions and
comments _____

I am excited to meet you in summer!

 (your host)



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