

Unwind and Destress Yoga

Three (3) Week Program
Beginning Sunday, March 3, 2024
6:15p to 7:15p

The Presbyterian Church in Orland Park
13401 Wolf Road, Orland Park, IL 60467
(708) 448-8142 -or- preschurchop@comcast.net



REGISTRATION FORM

Name: _____ Age: _____

Address: _____

Phone:

Home: _____ Cell: _____

Email: _____

Emergency Contact Name & Phone (please print):

Yoga Experience:

Medical Conditions or Injuries (Which may hinder your participating in yoga poses - CONFIDENTIAL):

If you are pregnant, you will not be able to participate in this type of activity due to the poses required.

Thank you for your consideration.

Deborah Jacob-Maas, Certified Yoga Teacher

Date: _____