

Yoga's Solutions for Difficult Times

How to Overcome Life's Obstacles

October 9–11, 2009 with Gyandev & Diksha McCord

Workshop Sign-Up

The cost for this workshop is \$200 if you register by September 15, and \$225 if you register after September 15. To register, fill in the form below and mail it with your check (payable to “Yoga Society Nashville”) to:

Ananda Workshop
Yoga Society Nashville
P.O. Box 121271
Nashville, TN 37212-1271.

Please print!

Name _____

Address _____

City _____ State ____ Zip _____

Phone _____

E-Mail _____

Lodging and Meals

Reservations for lodging and meals must be made directly with DuBose Conference Center.

DuBose Conference Center has dormitory-style rooms with restrooms and showers down the hall; these rooms have one or two twin beds. Total cost for this 2-night weekend is \$76 for a single or \$52 per person for a double.

Motel-style rooms with one or two double beds and private baths are also available at a total cost of \$104 for a single or \$72 per person for a double for two nights.

The complete dining package includes Friday evening dinner, three meals Saturday, and breakfast and lunch Sunday, at a total cost of \$68. (All meals are vegetarian.)

Reservations for rooms and meals may be made with DuBose by calling 931-924-2353, or sending an e-mail to dubose@blomand.net. For more information about DuBose, visit duboseconf.org; driving directions can be found by clicking on the Mountain Location link.