



**YOGA CENTER  
OF MARIN**

518A Tamalpais Drive  
Corte Madera, CA 94925  
**(415) 302-8457**  
yogacenterofmarin.com

# A DAY OF YOGA

## with JAMIE LAMKA

### Saturday, September 1, 2018 8:30–10 AM & 4–6 PM



Labor Day weekend signals the end of summer and the start of autumn. Summer projects and vacations are over with, and children and teachers head back to school.

Around this time, Jamie has always felt slight loss, coupled with anticipation of new learning and opportunity.

So here's your chance to celebrate the recent past, and get yourself ready for the immediate future!

Join this DAY OF YOGA with Jamie at the Yoga Center of Marin. Get stretched out in the morning and chilled out in the afternoon!

— *Hope to see you there!* —

#### THIS WORKSHOP:

- All levels welcome!
- Class size limited

PRE-REGISTER BY 8/21:

\$45 full workshop  
\$30 afternoon only

AFTER 8/21 OR DROP-IN:

\$55 full workshop  
\$35 afternoon only

*JAMIE LAMKA has been practicing yoga for 38 years and teaching for 26. He has developed yoga programs for contractors, aging athletes, and health care providers. Jamie's strength is his grasp of the fundamentals, compassion for pain, and understanding of human challenges. Jamie offers his students individual attention and life-supporting knowledge.*

**Use this form to register or register online. Pre-registration is encouraged for all workshops.**

WORKSHOP/Date/Time: SATURDAY WORKSHOP with JAMIE LAMKA / Sept. 1, 2018 \_\_\_\_\_

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

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

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

email: \_\_\_\_\_

HOW DID YOU HEAR about this series?  Flyer  Website

Ad  Friend  Drive/walk by  Other \_\_\_\_\_

PAYMENT BY:  check  MC/VISA AMOUNT: \_\_\_\_\_

Card #: \_\_\_\_\_ Exp date: \_\_\_\_\_

Name on card: \_\_\_\_\_

Card billing address: \_\_\_\_\_

\_\_\_\_\_

Please sign

Signature: \_\_\_\_\_

**CHECKS PAYABLE TO:** Yoga Center of Marin • **MAIL TO:** Yoga Center of Marin, 518A Tamalpais Dr., Corte Madera, CA 94925  
**FOR A COMPLETE SCHEDULE** of our classes and workshops, check our website at [www.yogacenterofmarin.com](http://www.yogacenterofmarin.com)



08/01/2018