



JOHN C. FREMONT DAYS, INC | JULY 12, 13, 14, 2024
YIN/RESTORATIVE YOGA CLASS

Saturday, July 13 | 7:15-8:00am | JCF Park | Entry Fee: \$10

Information:

Please join **Erin Rock with Traveling Yoga Gypsy and Haley Winterstein with Soul Level Healings** for a beginner friendly Yoga class! This will be a Yin/Restorative inspired class with the intention of allowing you to rest the body and the mind. This will be a 45 minute class at John C. Fremont Park.

There are 25 spots available at a first come, first serve basis for \$10 per person, cash or check. Payment and registration must be turned in to the John C. Fremont Days committee before Saturday, July 13th.

Forms and payment can be mailed to
John C. Fremont Days Office, PO Box 966, Fremont NE 68026
Checks can be made payable to: **John C. Fremont Days**



JCF Days Yin/Restorative Yoga Class Registration Form

Full Name: _____

Address: _____

Phone: _____

Email: _____

Mail registration and payment to: **John C. Fremont Days Office, PO Box 966, Fremont NE 68026**

By signing this form, I recognize that John C. Fremont Days, Erin Rock with Traveling Yoga Gypsy, and Haley Winterstein with Soul Level Healings are not responsible for any accidents or injury during this event.

Signature: _____ Date: _____

Cash Check: _____