



JOHN C. FREMONT DAYS, INC | JULY 14, 15, 16, 2023  
**YIN/RESTORATIVE YOGA CLASS**

**Saturday, July 15 | 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 15th.

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**



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**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: \_\_\_\_\_