WRITING FROM THE BODY

2022-2023

Monthly group sessions with Marin Heinritz, PhD, ERYT-500

Wednesdays: Nov. 9, Dec. 14, Jan. 11, Feb. 8 from 7-9 p.m.

Registration Form

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

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Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date of Birth:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is your experience practicing yoga and meditation?

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What are your personal goals in joining the writing from the body monthly sessions? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Do you have any injuries, recent surgeries, physical limitations (please include pregnancy, high blood pressure, scoliosis spinal disk issues, joint replacement, etc.) or any other concerns about the physical part of participating in these sessions? Please note: most movement will be able to be done in a chair and will largely be gentle and focused on breath work.

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Do you have any other concerns, physical or otherwise, about participating in these sessions?

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How did you find out about this offering?

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To confirm registration please fill out this form email it to [marinheinritz@gmail.com](mailto:marinheinritz@gmail.com) and use Venmo (@Marin-Heinritz) for payment: $50 for 4-month semester or $18 per session drop-in rate.