

School of Environmental and Vocational Arts

365 Seva Lane,
S. Kortright, NY 13842
SevaPrograms@gmail.com
607-538-1130

Karma Yoga Retreat Weekend

I have included my fees for room, board and all yoga classes of:

(Check box with amount enclosed)

- \$199** (Room & Board normal arrival & departure times)
- \$174** (Arriving 4 hours early OR staying 4 hours late to help with setup/cleanup)
- \$149** (Arriving 4 hours early AND staying 4 hours late to help with setup & cleanup)

Name of Vegetarian Potluck Dish I am bringing _____

Time of Arrival: _____

Time of Departure: _____

NAME _____

E-MAIL _____

PHONE _____

ALT. PHONE _____

ADDRESS (STREET) _____

CITY _____ **STATE** _____ **ZIP** _____

NAME & DATE OF PROGRAM:

Seva Karma Yoga Retreat, Date: _____

What is your level of yoga practice (Circle one):

Beginner Intermediate Advanced

Do you have any movement limitations or health concerns?

AMOUNT ENCLOSED (check or money order) \$ _____

For more information and/or to register, contact Esther Tzoumas at sevaprograms@gmail.com or call 607-538-1130.

Mail To: SEVA Programs, Ester Tzoumas, 365 Seva Lane, S. Kortright, NY 13842