

**Anusara Yoga Weekend Workshop with Adam Ballenger, Certified Anusara Yoga Teacher  
Hosted by Dakota Yogi, Inc., March 23 - 25, 2012  
Fire Dances**

We'll gather for four sessions for a thoroughly playful weekend of intensely dedicated play. Structure leads to form but doesn't define it and Form exists on the basis or structure. We'll refine our technique and alignment - or our "Structure," step by step, leading to breakthroughs and insights about the "Forms" we present in our practice. Constantly keeping the play between the play of the dance and the hard work or Fire it takes to play at this level.

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Nickname \_\_\_\_\_  
 Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_ Email \_\_\_\_\_  
 Home or Cell Phone \_\_\_\_\_ Would you like emails on future Dakota Yogi or Adam Ballenger events? \_\_\_\_\_

**Check the activities you wish to attend:**

- \_\_\_\_\_ The structure of your hips and shoulders and how to let prana flow easier in those areas, (Hip & Shoulder Openers)  
 ~ Friday 7-9 pm, Early bird \$30 Leisure Bird/ Walk in \$40
- \_\_\_\_\_ Open and energetically flowing practice, potpourri of postures all supported by your fire and form  
 ~ Saturday 9-11:30 am, Early bird \$35 Leisure Bird/ Walk in \$45
- \_\_\_\_\_ The curve of youth, the flowing backbend, plus therapeutics (structure of the dance)  
 ~ Saturday 2:30-5:30 pm, Early bird \$35 Leisure Bird/ Walk in \$45
- \_\_\_\_\_ The full dance between your dedication (fire) and your structure (the dance choreography)  
 ~ Sunday 9 – 11:30 am, Early bird \$35 Leisure Bird/ Walk in \$45

Entire workshop: Early bird \$110 (through 17 March 2012) or Leisure Bird \$140. Total payment enclosed \$ \_\_\_\_\_

**Mail this form & payment to: Dakota Yogi, Inc., 10800 Canyon Place, Rapid City, SD 57702**

The requested information is necessary in order to provide each participant with a safe and appropriate practice. All information will be kept confidential. **If you have been or are presently being treated for any of the following conditions, please indicate with a check and specify as needed.**

- Heart Disease \_\_\_\_\_  Orthopedic/Joint Issue(s) \_\_\_\_\_
- High Blood Pressure \_\_\_\_\_  Diabetes \_\_\_\_\_
- Back Issues \_\_\_\_\_  Epilepsy \_\_\_\_\_
- Arthritis, Bursitis \_\_\_\_\_  Recent Hospitalization/Surgery \_\_\_\_\_
- Migraine Headaches \_\_\_\_\_  Asthma \_\_\_\_\_
- Presently Pregnant ~ Due Date \_\_\_\_\_  Recently Gave Birth ~ Birth Date \_\_\_\_\_
- Smoker \_\_\_\_\_  Other \_\_\_\_\_

Emergency Contact: First & Last Name \_\_\_\_\_ Relationship \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Work/Cell Phone \_\_\_\_\_

"I \_\_\_\_\_, understand that all forms of physical activity carry some risk for the participant, and that this risk may cover a wide range of incidents ranging from slight (such as, but not limited to: sprains, strains, sore muscles) to sudden death.

I understand that this course is intended for those persons who are able-bodied, healthy, and/or aware of their health status including any medical problems. I could be adversely affected by the techniques, poses, and movements that will be used and assume the risk connected to my participation in classes at the Yoga Studio. I further state that I have discussed my participation at the Weekend workshop with my physician and she/he has given me clearance to proceed.

I understand that it is critical that I take responsibility for myself while participating in this group-oriented yoga class, which, by its nature cannot and does not anticipate any health issues or medical problems. If any poses, techniques, or movements are used which my physician has warned me will adversely affect my present medical condition, I agree to inform the instructor of the problem and to adequately modify or 'sit out' that particular pose, technique, or movement per the physicians recommendation.

I understand that the instructor cannot and does not act as a medical consultant and therefore cannot and will not advise me on the interactions of various poses, techniques or movements with any particular medical condition.

I specifically agree that I and my family and my heirs shall hold harmless from any and all claims, demands and causes of action arising from my participation at this weekend workshop, including but not limited to alleged mishaps or injuries, Adam Ballenger, Dakota Yogi, Inc., BH Yoga, Inc., their officers, employees, agents and their families, estates and heirs."

Signature \_\_\_\_\_ Date \_\_\_\_\_