



COMO SHAMBHALA



space & light yoga

COMO Shambhala & Space & Light Yoga

**Journey through Form: Asana Studies** (A Weekend Yoga Intensive)  
**AND**  
**Exploring Inversions, Arm Balances and Backbends** (A Teacher's Intensive)  
**with Christina Sell**  
*in Singapore*

Name:

Email:

Contact number:

<b>Weekend Asana: Journey Through Form (Full workshop)</b> Saturday: 8AM – 11AM; 12.30PM – 3.30PM Sunday: 8AM – 11.30AM; 1pm – 3.30PM	<b>Usual price</b>	✓	<b>Early bird</b> FULL payment by 16 <sup>th</sup> June, 2019	✓	<b>Subtotal</b>
Saturday, 29 <sup>th</sup> June & Sunday, 30 <sup>th</sup> June 2019	S\$480		S\$400		

<b>1 session ONLY (for Weekend Intensive)</b>	<b>Usual price</b>	✓	<b>Early bird</b> FULL payment by 16 <sup>th</sup> June, 2019	✓	<b>Subtotal</b>
<u>Saturday, 29<sup>th</sup> June 2019 (8am – 11am)</u> Standing Postures & Arm Balance Emphasis	S\$135		S\$120		
<u>Saturday, 29<sup>th</sup> June 2019 (12.30pm – 3.30pm)</u> Hip Opening & Twisting Emphasis	S\$135		S\$120		
<u>Sunday, 30<sup>th</sup> June 2019 (8am – 11.30am)</u> Back bending emphasis	S\$135		S\$120		
<u>Sunday, 30<sup>th</sup> June 2019 (1pm – 3.30pm)</u> Forward bending emphasis	S\$135		S\$120		

<b>Exploring Inversions, Arm Balances &amp; Back bends (Full workshop)</b> Time: 8AM – 11AM; 12.30PM – 3.30PM	<b>Usual price</b>	✓	<b>Early bird</b> FULL payment by 16 <sup>th</sup> June, 2019	✓	<b>Subtotal</b>
Monday - Wednesday, 1 <sup>st</sup> – 3 <sup>rd</sup> July 2019	S\$780		S\$690		

<b>Morning Asana Sessions (Inversions, Arm Balances &amp; Back Bends)</b> Time: 8AM – 11AM	<b>Usual price</b>	✓	<b>Early bird</b> FULL payment by 16 <sup>th</sup> June, 2019	✓	<b>Subtotal</b>
All 3 mornings (1 <sup>st</sup> – 3 <sup>rd</sup> July 2019)	S\$360		S\$330		
Per asana session [Mon/Tue/Wed] – please circle choice	S\$135		S\$120		

<b>Total</b>					<b>S\$</b>
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Visa/Mastercard     Cash     Cheque no: \_\_\_\_\_ (to "Como Shambhala Pte Ltd")

IB to OCBC account (Account no. 647-519479-001; Account Name: **Como Shambhala Pte Ltd**)     Telegraphic transfer

Receipt:  Y  N    Participant's signature: \_\_\_\_\_    Collected by: \_\_\_\_\_