



Rushing to Yoga Foundation

Inquiry. Compassion. Peaceful Community.

Complete form and email to Dr. Marilee Bresciani, Rushing to Yoga Foundation, 1155 Camino del Mar, #142, Del Mar, CA 91014, (619) 733-3278, mbrescia@mail.sdsu.edu. You will be contacted for payment.

I am interested in the following:

16 Week On-line Group Class: Adapted coursework for group, interacting with faculty and one another online. (pricing will vary, based on the length of course, amount of adaptation and number of participants)

Customized 1-3 Day Workshops (pricing will vary, based on the length of course, amount of adaptation and number of participants)

Individual Online 8 Week Course with faculty interaction: Abbreviated course, videos and practices, compressed into a shorter time period. (\$450.00)

Online Mobile App with no faculty interaction: Online daily exercises (less than an hour a week) using neuroscience to rewire your brain...optimize well-being, foster awareness, encourage creativity & address problems. Low cost and low time commitment!

16 week mobile app \$30

8 Week Mobile App \$15

5 Week Mobile App \$7.50

4 Week Mobile App \$5.00

Contact me for credit card payment

Payment enclosed

Contact me; I want more information.

Name: _____

Address: _____

Telephone: _____

Email: _____

University: _____

How did you hear about us?

ACPA Other: _____

Comments:
