



Registration Form for January 2024 Workshops

Personal Information:

Name: _____

Email Address: _____

Phone Number: _____

Select the Workshop you would like to attend:

- Food Workshops
- Mind Workshops
- Movement Workshops
- Body Workshops

Which Dates (look on the calender):

Workshop 1: _____

Workshop 2: _____

Workshop 3: _____

Workshop 4: _____