

Tracie's Fitness Evolution

18-Day Boot Camp Challenge: Mind, Body & Spirit



Invest in YOURSELF. Evolve into a FIT THINKER.

For additional questions, Contact Tracie at virarasa@comcast.net or call us at 713-941-9642.

To register, complete the form below and submit with payment.

Fitness Evolution Registration

Program: Yoga Rasa Student \$210 Non Yoga Rasa Student \$389

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number(s): _____ Email: _____

Known Health Conditions: _____

Disclaimer

Yoga is a system of healthy exercises designed to support optimum health. The approaches described and taught in this course are not offered as cures, prescriptions, diagnoses or a means of diagnosis to different conditions. The information must be viewed as an objective compilation of existing data and research. The instructors assume no responsibility in the correct or incorrect use of this information and no attempt should be made to use any of this information as a form of treatment without the approval and guidance of your doctor.

By undersigning, I have reviewed, understand and agree to the above disclaimer.

Signature