



INTRODUCTION TO

# SHUGENDO YOGA Workshop

[www.shugendoyoga.com](http://www.shugendoyoga.com)  
[nameste@shugendoyoga.com](mailto:nameste@shugendoyoga.com)

Saturday April 9, 2011  
 1-5pm  
 Milford Town Hall,  
 3<sup>rd</sup> Floor Auditorium Milford, NH

**Cost: \$55 per person**

Session will be videotaped by SYKE  
 for promotional purposes

Point of Contact: Heather Hoyt  
 Milford Recreation Program Coordinator  
 603.249.0625 ext 401

[www.milfordrec.com](http://www.milfordrec.com)

Participants will experience three separate  
 Shugendo Yoga sessions as well as theory  
 and philosophy of Shugendo Yoga.

Instructors: **Chris Bashaw, RN, Founder and  
 Shugendo Yoga Master; Rick Wilmott,  
 Shugendo Yoga Master**

**NO EXPERIENCE REQUIRED**

Unlike most yoga systems, Shugendo Yoga melds the spiritual and healing of yoga into a simple, y  
 Designed by a practicing Registered Nurse with over a quarter of a century of nursing experience,  
 martial artist, yoga practitioner, and shaman; this yoga system is both practical and effective.

Each 50 minute session is geared toward a particular disease (ie. carpal tunnel, depression, fibromy  
 work like shiatsu, yoga asana, qigong, and meditation all designed and implemented to bring back

Shugendo Yoga has been acknowledged by the World Yoga Hall of Fame noting its effectiveness  
 Magazine, Herbal Path Monthly Newsletter (Dover, NH), Inner Tapestry Magazine, Martial Arts I  
 fitness, and wellness magazines.

Those that should experience this intro to Shugendo Yoga workshop:

\*Yoga instructors desiring to add a new spiritual or healing path for all persons, and yoga students

\*Martial Arts Instructors and martial arts students wishing to add a deep healing modality to their

\*Individuals searching for a deeper life path, wishing to share that vision with others

\*Nurses, Therapists, Doctors, Reiki Practitioners, Massage Therapists, Counselors, Acupuncturists  
 total body healing that is safe, effective, and self regulating to their practice.

**Space is limited and we expect to fill up. Sign up now!**

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## Shugendo Yoga 4 Hour Beginner Workshop Registration Form – Please copy this form as necessary.

Make checks payable to: **Milford Recreation Department, 1 Union Square, Milford NH 03055** *Non-refundable.*

Name \_\_\_\_\_ E-mail \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Phone (day) \_\_\_\_\_ (eve) \_\_\_\_\_

I hereby release Rick Wilmott, Chris Bashaw, SYKE, Town of Milford, NH, and all of their agents or employees from any and all injuries, accidents, and/or losses that  
 may occur as a result of my participation at the above event. Furthermore, I waive any compensation whatsoever for the future use of pictures, movies, media coverage,  
 etc. utilized by those associated with this event at any time.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_ FEE INCLUDED \$ \_\_\_\_\_