

REGISTRATION FORM

Teaching Safe & Accessible Chair Yoga

Saturday, January 24 & February 7, 2026 9:00 am-2:00 pm

Small Group - In-person Workshop

Sunroom, Langley Senior Resources Society (LSRS), Recreation Centre
20605 51B Avenue, Langley City (onsite parking)

EARLY BIRD RATE: \$200 (UNTIL 12/31/25) **REGULAR RATE: \$225**

Includes training materials, in-class practice, peer-to-peer-teaching, personalized feedback & more.

12 BCRPA and/or Yoga Alliance Continuing Education Credits

Combination of 10 in-class participation hours & successfully completed self-study assignments.

Name

Email

Tel/Cell

Address, City, Postal Code

Emergency Contact & No.

BCRPA ID#

Current BCRPA Modules and/or yoga teaching experience:

Yes No

Current First Aid/CPR

YTT In Progress

YTT Completed

RYT® 200 YA Membership

RYT® 500 YA Membership

YOGA ALLIANCE

Please forward the completed form to: yogaonly@telus.net and e-transfer the registration fee to: sbuss@telus.net.

To ensure a successful workshop — particularly the peer-to-peer teaching component — a minimum of 5 participants is required.

The confirmation date is January 4th, 2026, or sooner if we reach 5 participants before then.

I confirm that I am able to participate fully in this workshop. I agree to release and hold harmless the instructor (S. Buss) and the facility (LSRS) from any liability in the event of injury during participation or as a result of subsequent personal practice. I understand that BCRPA and/or Yoga Alliance Continuing Education Credits are granted only upon completion of both class participation and all required self-study assignments. I recognize that withdrawal after January 5th, 2026 may affect the viability of the program, and I understand that no refunds will be issued after that date. In the event the instructor must cancel the workshop due to low enrollment or other circumstances, I will receive a full refund.

Signature

Date

Instructor:

Stacey Buss, E-RYT® 500, YACEP®

Yoga Fitness TFL & Older Adults Fitness Leader

Chair Yoga Specialist

For more information call/text: 604-836-0424

email: yogaonly@telus.net

www.yogaonly.ca