

# 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#

**YOGA ALLIANCE**

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

**Please forward the completed form to: [yogaonly@telus.net](mailto:yogaonly@telus.net) and e-transfer the registration fee to: [sbuss@telus.net](mailto: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](mailto:yogaonly@telus.net)**

**[www.yogaonly.ca](http://www.yogaonly.ca)**