

~Support Your Yoga and Wellness Center ~

KYWC is a non-profit organization dedicated to promoting the integration and well-being of body, mind and spirit.

We would love for you to join us as a Supporting Member. Your loving support helps KYWC with ongoing expenses and upkeep of the center.

You receive a one-year membership with your financial gift of \$20. A two-year membership is \$30.

Membership entitles you to the following privileges:

- You are invited to attend our popular monthly Meditation and Drumming Circle free of charge (a \$60 value). Drumming is held on the second Friday of each month at 6:00 p.m.
- You are invited to attend our yearly open membership meeting. You may participate in discussions and vote at this meeting.
- You can participate on certain committees.
- You may display your business card and rack card in a designated area. With your \$30 two-year membership plus a \$20 fee (\$50 total), you can also have your business listed for two years on our website (includes one URL and a blurb of up to 200 characters).

We are open to suggestions for fundraising ideas. Volunteers and in-kind donations are greatly appreciated.

Your contribution is a charitable tax deduction. Thank you for your support.

Peace, Love and Light,

The KYWC Board of Directors

Tear off below and include with your payment

Please make your check/money order payable to KYWC P.O. Box 224, Adams Center, NY 13606

\$20.00 (1-yr membership) \$30.00 (2-yr membership) plus \$20 for business listing*

Additional Donation _____

Name: _____ Date ____/____/____

Address: _____

Phone: _____ Email: _____

*Email your business listing to web@nnykripalu.org. Subject to approval and editing.

KYWC Interest Survey

We are eager to provide classes, workshops, and events that support your well-being in mind, body, and spirit. Please fill out this brief inventory to assist us in offering programs and opportunities of interest to you. Please print legibly. Thank you 😊

Name _____

Primary Email _____ Phone _____

City _____ Address (opt) _____

Which of the following in-person classes/workshops/events would you attend? Check all that apply. You may also circle or write in specific options. (No obligation to participate!)

<input type="checkbox"/> Yoga classes	<input type="checkbox"/> Tai Chi, Chi gong classes
<input type="checkbox"/> Yoga/ Meditation/ Mindfulness workshop	<input type="checkbox"/> Energy healing workshop (ie: Reiki, 7 rays, other)
<input type="checkbox"/> Chanting workshop	<input type="checkbox"/> Energy medicine for holistic self-care
<input type="checkbox"/> Find your happiness, bliss, and joy Raise your vibe and thrive	<input type="checkbox"/> Monthly Healing Sunday energy balancing session
<input type="checkbox"/> Herbs/Aromatherapy for well-being	<input type="checkbox"/> Monthly Drumming/Meditation Circle
<input type="checkbox"/> Holistic health and wellness self care	<input type="checkbox"/> Psychic/Wellness/Metaphysical Fair
<input type="checkbox"/> Sound healing bath and/or Cacao Ceremony with a sound bath	<input type="checkbox"/> Emotional release/Stress relief techniques
<input type="checkbox"/> Manifesting/ Vision board workshop	<input type="checkbox"/> Crystals for manifestation and healing
<input type="checkbox"/> Sound healing workshop	<input type="checkbox"/> DIY Nontoxic personal/home products

<input type="checkbox"/> DIY Mandala, Dream catcher, Medicine wheel, Drum making	<input type="checkbox"/> Book or Topic study group _____
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<input type="checkbox"/> Psychic/Intuition development circle	<input type="checkbox"/> Sacred dance, belly dancing
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<input type="checkbox"/> Spiritual development circle/workshop	<input type="checkbox"/> None at this time
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Other: I would really like to learn, experience, participate in:

Volunteer Opportunities: Our Center is run and operated by volunteers. We cannot exist or serve the community well without them. At this time, we need volunteers in the following areas. Any amount of time you give is much appreciated.

I am willing to help with...

<input type="checkbox"/> Short-term planning committee for events and/or programs	<input type="checkbox"/> Grounds upkeep (rake, weed, create vignettes, plant flowers, trim trees/bushes, etc)
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<input type="checkbox"/> Events	<input type="checkbox"/> Community vegetable garden
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<input type="checkbox"/> Fundraisers	<input type="checkbox"/> None at this time
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Other:

Teaching opportunities: Would you like to offer classes or workshops at KYWC? List and briefly describe here. Note:Board approval is required.Certification may be required.

Thank you! Please turn in your survey at the Center or mail to:
Kripalu Yoga and Wellness Center PO Box 224 Adams Center, NY 13606