



SOUL POSE™

SEATTLE | AUGUST 19

DAY OF YOGA

✓ CHECK-IN

Seattle Center Exhibition Hall
299 Mercer St
Seattle, WA 98109

YOU MUST ATTEND THE SESSION YOU SIGNED UP FOR.

CHECK-IN FOR THE 8:00 AM SESSION:

Saturday, August 19
7:15 AM - 8:00 AM

CHECK-IN FOR THE 11:30 AM SESSION:

Saturday, August 19
10:30 AM - 11:30 AM

CHECK-IN FOR THE 3:00 PM SESSION:

Saturday, August 19
2:30 PM - 3:00 PM

CHECK-IN FOR THE 6:30 PM SESSION:

Saturday, August 19
5:30 PM - 6:30 PM

Please remember to bring a printed or digital copy of your confirmation email with the QR code. To find your confirmation email, please search your inbox for "Registration Confirmation for Soul Pose."

✍️ AFTER YOGA

We'll be hanging out after Soul Pose!

After yoga, you will be able to sample products, check out new brands, talk with local yoga studios, and interact with people from your community. Think of it as your very own yoga style farmers market!

WHAT TO EXPECT



BODY PAINT

Make sure to give yourself plenty of time before the session starts to check-in, put on some neon body paint and take some awesome pictures with some fun Soul Pose photo ops.



WHAT TO WEAR

Wear what makes you comfortable, but we especially love white and neon under the cool glow of black lights! You'll look fabulous, promise!



60-MINUTE SESSION

Soul Pose is a unique 60 minute yoga session with black lights, glowing bubbles, confetti throws, string lights, fresh music, unexpected moments, and more! It is an event for everybody! It doesn't matter if you are a seasoned yogi or its your first time on the mat. Soul Pose is designed for all skill levels and we think that's awesome!



WHAT TO BRING

Less is more. There will not be a bag check so make sure what you bring can easily be set next to your mat.

BYOB: Bring Your Own Bottle.
We will have a water station to fill up your water bottles. Don't worry if you forget, we will also supply cups for those who need them!

NEED TO KNOW

REGISTRATION INCLUDES

Each registration includes a yoga mat, embroidered towel, namaste bracelet, confetti pack, and SOULBAND.

BRINGING KIDS?

We love children! And we love yoga! And we love parents that are trying to instill great healthy habits in their children! We love to have Yogi's of all ages attend the event. It is our hope that all participants will be able to stay on their mat for the entire 60 minute session and be considerate of those around them. We want to make sure this experience is fabulous for ALL our Yogi's.

We look forward to seeing you & those cute kids of yours soon!

REFUND POLICY

There are no refunds if the event is held.

Rescheduled Event:

1. If the new date works for you, great news! You are automatically registered for the event that day. Watch for more exciting specifics that will be emailed to you a month before the event.
2. If the new date does NOT work for you, please contact our support team at soulpose.com/contact and our awesome customer service reps will help you by transferring your registration to another event on our 2017 tour or by issuing a full refund.

CANCELLED EVENT

If an event is cancelled, full refunds will automatically be issued back to the original form of payment within 5-7 business days of when an announcement is made to cancel an event. Participants will be sent an email receipt when the refund has been processed.

A BIG THANKS

🗨️ THANK YOU

Soul Pose could not be what it is without the help of many behind the scene heroes. We'd like to thank all the selfless volunteers for donating their time and efforts, the Seattle Center for encouraging a healthy and active community, and we thank you - our fearless Soul Posers.

From all of us at Soul Pose

🚫 SAFETY FIRST

Alcohol is not allowed at Soul Pose.

Soul Pose is a non-smoking event
If participating with small children, please watch and direct them through the poses.

No glass bottles, containers etc. allowed at the venue (parking lots, on the mat, etc.)

Above all, please be courteous and respectful to everyone around you.



