

8 Week Spring Session
April 2 - May 24, 2018

Name _____

Address _____

Phone _____

E-Mail _____

Class Day Time Fee

2nd Class Time Fee

Total Fee Paid _____

Do you have any *Medical Conditions / Injuries* that influence your well-being? Yes No
If Yes, please give details: _____

I, the undersigned, voluntarily register for yoga class(es) and agree to assume full responsibility for my health and well-being while I am participating in class. I have read the class descriptions & I am enrolling into the class level most suitable for me. I will not ever hold Yoga Practice Center or the instructor responsible for illness or injury occurring in a yoga class, or while I am on the premises. *I understand yoga is challenging and vigorous with risks.* I have read & agree to follow studio policies.

Signature: _____

Date: _____

Please sign, date,
and return with fee
before classes begin:

Yoga Practice Center, LLC
9885 Ann Arbor Road West
Plymouth, MI 48170

Detach here

Detach here

Detach here

Level 1: No prerequisite
Learn and practice the basic fundamentals of yoga asanas. Sarvangasana, shoulderstand, and Halasana, plow pose, are introduced. Plan to repeat several years before moving to Level 2. Classes are vigorous. ****Note:** Classes are designed for Adults who are physically fit & practice in between classes. *No Medical or Health concerns.*

Ageless Tuesday: Active Beginners Welcome
This is a slower paced class for all ages. Basic standing, seated, twisting and forward bends are practiced, often with support. Progress at your own rate. **Designed for physically active adults. No Medical or Health concerns.*

Levels 1 & 2: *No Prerequisite:*
Practice the basic fundamentals of yoga asanas according to ability. Sarvangasana, shoulderstand, and Halasana, plow pose will be practiced according to experience, modifications are always offered. Designed for Adults who are physically fit & practice in between classes. *No Medical or Health concerns.*

Level 2-3: *Prerequisite:* 2 years Level 1 Iyengar Yoga
Classes are vigorous, challenging and require a good working knowledge of Level 1 asanas, students need to practice at home to keep up with class pace. Sirsasana & Sarvangasana are practiced according to ability. *No Medical or Health concerns.*

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Monday	Tuesday	Wednesday	Thursday
	10:30-12:00pm Ageless All Levels		10:30-12:00pm Levels I & 2
		Lynlee Sky yogapracticecenter.com yogapractice@gmail.com	
6:00-7:30pm Level I	5:45-7:15pm Levels 2-3	6:30-8:00pm Levels I & 2	7:00-8:30pm Level I

- Studio Policies** Please read this before signing registration form.
- ◆ Register 7 days before session begins, class will not run if under-enrolled.
 - ◆ Make-Up Classes: Make-up a missed class this session. *Please understand, No carry-overs to next session.*
 - ◆ Drops are accepted & refunds given up to the start date of the session.
 - ◆ No refunds or credits are given once session begins.
 - ◆ Arrive 10 minutes before class to quiet down & prepare for practice.
 - ◆ Note: All classes are designed for *Active Adults* who practice yoga at home.

8 week spring session fees	registration process	clothing & equipment
Spring Session \$135 2nd class a week \$105 1 class (Drop -in) \$20	Sign & date form. Enroll, with payment, please. (Please, submit your signed registration form & full payment before coming into classroom.)	Wear t-shirt, tights or shorts, No baggy clothes, no sweats. Yoga is practiced in Bare Feet. <i>No perfumed products.</i> For hygienic purposes, Please Bring Your Own Sticky Mat.