

8 Week Early Spring Session
March 11 - May 2, 2019

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: **Practice regularly on your own to keep up with the pace of this class.* Sarvangasana, shoulderstand, Halasana, plow pose, & Sirsasana, headbalance, are practiced according to understanding & experience. Designed for Adults who are physically fit, *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 Level 2	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

Spring Session	\$140
2nd class a week	\$100
1 class (Drop -in)	\$20

registration process

Sign & date form. Enroll, with payment, please. (Please, submit your signed registration form & full payment before coming into classroom.)

clothing & equipment

Wear t-shirt, tights or shorts, No baggy clothes, no sweats. Yoga is practiced in Bare Feet. *No perfumed products.* For hygienic purposes, Please Bring Your Own Sticky Mat.