

**Holiday Session 2019  
November 11 - December 19  
5 Weeks of Functional Movement**

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 exercise class(es) and agree to assume full responsibility for my health and well-being while 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 classes will be challenging & 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 the basic fundamentals of healthy movement. 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 fundamentals of healthy innovative movement 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
6:00-7:30pm Level I	5:45-7:15pm Level 2	6:30-8:00pm Levels I & 2	7:00-8:30m Levels I & 2

**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.
- ◆ As a courtesy, PLEASE Arrive 10 minutes before class begins.
- ◆ Note: All classes are designed for *Active Adults* who exercise daily.

**5 Week Holiday Fee**

**Registration Process**

**Clothing & Equipment**

Entire Session (one class per week)	\$90
Take a Second Class (two classes per week)	\$70
Drop-in (single class)	\$20

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

Wear t-shirt, tights or shorts, Most of the exercises will be practiced with Bare Feet. **No perfumed products.** For hygienic purposes, Please **Bring Your Own Sticky Mat.**