

WINTER SOLSTICE CLASS  
FRIDAY, DECEMBER 21  
6:00-7:30 pm

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

E-Mail \_\_\_\_\_

Friday, December 21, 2018    Current Student    Free

Fee after Monday December 17, 2018                      \$20

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 W. Ann Arbor Road  
Plymouth, MI 48170

Detach here

Detach here

Detach here

## Winter Solstice Class

Enjoy the longest night of the year in this class which will be structured for students of all levels of experience in the physical practice of yoga asanas.

The class will begin in supine postures with a meditative focus on breathing. As the class progresses the postures will become more “awake” and energetic in sync with the season of returning daylight.

This class is a gift to all students currently enrolled in the Holiday Session *IF* enrollment is before December 17.

After December 17 the fee is \$20.

Drop-ins are welcome with registration and \$20 payment.

All Participants must register for this class.

Questions?

Lynlee Sky

yogapracticecenter.com

yogapractice@gmail.com

**Studio Policies** Please read this before signing registration form.

- ◆ Register 7 days before class begins, class will not run if under-enrolled.
- ◆ Drops are accepted & refunds given up to 12/17/18
- ◆ No refunds or credits are given after 12/17/18
- ◆ Arrive 10 minutes before class to quiet down & prepare for practice.
- ◆ Note: This class is designed for *Active Adults* with no health problems.

### Solstice Class

Current student	\$Free
After 12/17/18	\$20
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.**