

Yoga Practice Center, LLC  
 8 Week Winter Session  
 January 9 - February 29, 2024

Name \_\_\_\_\_

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

Phone \_\_\_\_\_

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

| Class Day | Time | Fee   |
|-----------|------|-------|
|           |      | _____ |

Fee Paid \_\_\_\_\_

Do you have any current physical conditions that will impact strenuous exercises? 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:** \_\_\_\_\_

Studio Mailing Address

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

Detach here

Detach here

Detach here

- \* Registration & Payment appreciated by January 9, 2024.
- \* If you are unwell please do not come to class.
- \* Wearing a mask in the building and during class is optional, do what makes you feel safe.
- \* Bring Your Own Sticky Mat and any other equipment you want. Limited studio equipment is available if you prefer.

8 Week Winter Schedule: January 9 - February 29, 2024

Monday

Tuesday

Wednesday

Thursday

11:00am-12:30pm

Ageless  
 Gentle & Slow  
 easy beginning  
 poses practiced  
 with support.

11:00am-12:30pm

All Levels  
 Strength & Stamina  
 practice beginning and  
 & advanced poses,  
 inversions, as able.

6:30pm-8:00pm

All Levels  
 Strength & Stamina  
 practice beginning and  
 advanced poses,  
 inversions, as able.

email:  
 yogapractice@gmail.com

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

- ◆ Please, Register 5 days before session begins, it is helpful to know your plans.
- ◆ Make-Up Classes: Due to class size limitations please let Lynlee know if you plan on making up a missed class.
- ◆ 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 Winter Yoga Fees

Registration

Clothing & Equipment

|                             |       |
|-----------------------------|-------|
| Winter Session              | \$160 |
| Drop-in 1 class             | \$25  |
| Check: Yoga Practice Center |       |
| PayPal, Cash, Venmo         |       |
| Fees appreciated by 1/9/24  |       |

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| Please return your signed registration form and <i>full</i> payment BEFORE you come into your first class, Thank You. |
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| Wear t-shirt, tights or shorts, Yoga is practiced in Bare Feet. <i>*No perfumed products.*</i> Please, bring your own mat & any props you may want. |
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