

Yoga Practice Center, LLC  
 Holiday Session Registration  
 November 13- December 21, 2023  
 (No Classes November 21-23)

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 November 13, 2023.
- \* 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.

5 Week Holiday Schedule: November 13- December 21, 2023

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.	

No Classes November 21-23

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.

5 Week Holiday Yoga Fees

Registration

Clothing & Equipment

Holiday Session \$100	Please return your signed registration form and <i>full</i> payment BEFORE you come into your first class, Thank You.	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.
Drop-in 1 class \$25		
Check: Yoga Practice Center		
PayPal, Cash, Venmo		
Fees appreciated by 11-13, 2023		