

**Yoga Practice Center, LLC  
6 week Summer Session  
July 7 - August 16, 2008**

Name \_\_\_\_\_

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

Phone \_\_\_\_\_

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

Class Day & Time                      Tuition Paid

1st class \_\_\_\_\_

2nd class \_\_\_\_\_

Do you have any *medical conditions* Lynlee should be aware of?    Yes     No

If Yes, please explain: \_\_\_\_\_

\_\_\_\_\_

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 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
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**Level I:** Beginners new to yoga & new to the method of B.K.S. Iyengar will enjoy this class. No Health or Medical concerns. Classes are challenging and vigorous. Progress at your own pace. Shoulderstand (Sarvangasana) is taught.

**Level 2:** *Prerequisite:* 3 years Iyengar Yoga. No Health or Medical concerns. *Sarvangasana* & *Sirsasana* are taught. Class is vigorous, students practice at home to be able keep up with class pace.

**Levels I & 2:** *No Prerequisite:* Open to Beginners & Intermediate Students, learn and work on the basic standing and seated asanas. *Sarvangasana* & *Sirsasana* (headstand) may be taught according to ability. No Health or Medical concerns.

**Level 3:** *Prerequisite:* 4 years Iyengar Yoga. *Permission required to enroll.* Students are able to quietly hold a 5 minute *Sarvangasana* & practice *Sirsasana* at the wall. Students practice at home daily to keep up with challenging class pace.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	11:30-1:00pm Level I		11:30-1:00pm Levels I & 2			
6:00-7:30pm Levels I & 2	5:45-7:15pm Level 3	4:45-6:15pm Level I			Summer July 7 - August 16 www.yogapracticecenter.com yogapractice@gmail.com (734) 207-7988	
	7:30-9:00pm Level I	6:30-8:00pm Levels I & 2				

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**Studio Policies** You should read this before signing registration form.

- ◆ **Make-Up Classes:** Make up missed classes *within Current Session*.
- ◆ **Refunds:** Prorated refund is given through 1st week of classes.
- ◆ **No Refunds or Credits** given after 1st week of classes. (7/12/2008).
- ◆ **Arrive 10 minutes** before class to quiet down & prepare for practice.
- ◆ **All classes** are for Active Adults who practice in between classes.

Tuition for Early Summer 2008

To Register

Clothing & Equipment

One class a week (6 total)	\$75
2 classes a week (per person)	\$135
Drop-in one class	\$15

Sign & Date form.  
Mail in or bring into class with fees due. Please, no class without registration & full payment.

Wear t-shirt, tights or shorts, Yoga is practiced in Bare Feet. Please, **NO PERFUMES**. For hygienic reasons, please bring your own sticky mat.

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