

Yoga Practice Center, LLC
 6 Week Late Summer Session
 July 9 - August 15, 2024

Name _____

Address _____

Phone _____

E-Mail _____

Class Day	Time	Fee
		Fee Paid _____

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 July 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.

6 Week Late Summer Schedule: July 9 - August 15, 2024

Monday	Tuesday	Wednesday	Thursday
	11:00am-12:30pm Ageless Gentle & Slow easy beginning poses practiced with support.	6:30pm-8:00pm All Levels Strength & Stamina practice beginning and advanced poses, inversions, as able.	11:00am-12:30pm 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 before July 9th, 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.

6 Week Late Summer Fees

Late Summer Class \$120
 2nd weekly class \$80
 Drop-in 1 class \$25
 Check: Yoga Practice Center
 PayPal, Cash, Venmo
 Fees appreciated by 7/9/24

Registration

Please return your signed
 registration form and *full*
 payment before you
 come into your first class,
 Thank You.

Clothing & Equipment

Wear t-shirt, tights or shorts,
 Yoga is practiced in Bare Feet.
 No perfumed products.
 Please, bring your own
 mat & any props you may want.