

Yoga Practice Center, LLC
8 Week Winter Session
January 13 - March 5, 2026

Name _____

Address _____

Phone _____

E-Mail _____

Class Day Time Fee

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

- * Registration & Payment appreciated by January 13, 2026.
- * 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.

Monday

Tuesday

11:00am-12:30pm
Ageless
Gentle & Slow
beginner poses
practiced
with support.

Wednesday

Thursday

11:00am-12:30pm
All Levels
Strength & Stamina
practice beginning and
& advanced poses,
inversions, as able.

6:00pm-7:30pm
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 with Fees before January 13th, it is helpful to know your plans.
- ◆ Make-Up Class: 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 Session Fees

One Class once a week

2nd weekly class

Drop-in 1 class

Check: Yoga Practice Center

PayPal, Cash, Venmo

Fees appreciated by 1/13/26

\$160

\$120

\$25

Registration

Please return your signed

registration form and *full*

payment before you

come into your first class,

Thank You for your

thoughtfulness.

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.

Detach here