

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

- \* 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.

email:  
yogapractice@gmail.com

6:00pm-7:30pm  
All Levels  
Strength & Stamina  
practice beginning and  
advanced poses,  
inversions, as able.

**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

Registration

Clothing & Equipment

One Class once a week	\$160
2nd weekly class	\$120
Drop-in 1 class	\$25
Check: Yoga Practice Center	
PayPal, Cash, Venmo	
Fees appreciated by 1/13/26	

Please return your signed registration form and <i>full</i> payment before you come into your first class, Thank You for your thoughtfulness.
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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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