

Yoga Practice Center, LLC
8 Week Fall Registration
September 12 - November 2, 2023

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 September 12, 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.

8 Weeks Early Fall Schedule: September 12- November 2, 2023

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, if able.	11:00am-12:30pm All Levels Strength & Stamina practice beginning and & advanced poses, inversions, if able.
		6:30pm-8:00pm All Levels Strength & Stamina practice beginning and advanced poses, inversions, if able.	

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.

8 Weeks Fall Yoga Fees

Registration

Clothing & Equipment

Fall Session \$150
Drop-in 1 class \$25
Check: Yoga Practice Center
PayPal, Cash
Fees appreciated by 9/12, 2023

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

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.