

Yoga Practice Center, LLC
8 week Autumn Session
September 8 - November 1, 2008

Name _____

Address _____

Phone _____

E-Mail _____

Class Day	Class Time	Fee

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 Plymouth Ann Arbor Road
 Plymouth, MI 48170

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Level 1: Beginner's 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 of Iyengar Yoga instruction. Advanced inversions are taught. *No Health or Medical concerns.* Students can hold a 5 minute Sarvangasana & can practice Sirsasana at the wall. Students practice at home to keep up with class pace.

Level I-2: *Prerequisite:* 1 year minimum of Iyengar Yoga. A Continuation of Level I. *No Health or Medical concerns.* Headstand (Sirsasana) is introduced. Class is vigorous, students should practice at home in between classes to keep up with pace.

Level 3: *Prerequisite:* 4 years Iyengar Yoga, register with instructor permission only. *No Health or Medical concerns.* Students work on challenging asanas. Advanced inversions & variations are taught. Students maintain a daily practice at home.

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	11:30-1:00pm Level I		11:30-1:00pm Level I-2		9:30-11:00am Level I & Level I-2	
6:00-7:30pm Level I-2	5:45-7:15pm Level 3 7:30-9:00pm Level I	4:45-6:15pm Level I 6:30-8:00pm Level 2	7:00-8:30pm Level 1 & Level I-2			
					September 8- November 1, 2008 For more information: www.yogapracticecenter.com	

Studio Policies: Please read before signing registration form.

- ◆ **Make-Up Classes:** Make up missed classes *within Autumn Session.* (Note: Make-up class in the same level class in which you are enrolled into or a lower level, no exceptions, please.)
- ◆ **Refunds:** Prorated refund is given through 1st week of classes.
- ◆ **No Refunds or Credits** given after 1st week of classes. (9/13/2008).
- ◆ **Arrive 5-10 minutes** before listed class time to prepare for practice.
- ◆ **Classes are designed for active adults** who practice in between classes.

Tuition for September 8-November 1

To Register

Clothing & Equipment

8 week session: \$115
 Register before 9/6/08: \$100
 2 or more classes (per week/per person): Take 10% off total fee.
 Iyengar student drop-in: \$15
 No new student drop ins, please.

Sign & Date form.
 Mail in or bring into class. Arrive early if not pre-registered.
 No class without signed registration.

Wear t-shirt, tights or shorts, No Baggy Clothes.
 Yoga is practiced in Bare Feet. Please, NO Perfumes.
 For hygienic purposes, bring your own sticky mat

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