

Yoga Practice Center, LLC
 8 Week Spring Session
 March 12 - May 2, 2024

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 March 12, 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.

8 Week Spring Schedule: March 12 - May 2, 2024

Monday

Tuesday

Wednesday

Thursday

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

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

6:30pm-8:00pm
 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 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 Week Spring Yoga Fees

Registration

Clothing & Equipment

Spring Session \$160
 Drop-in 1 class \$25
 Check: Yoga Practice Center
 PayPal, Cash, Venmo
 Fees appreciated by 3/12/24

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.