

Yoga Practice Center, LLC  
 6 Week Spring Session  
 March 18 - April 24, 2025

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

Detach here

Detach here

- \* Registration & Payment appreciated by March 18th, 2025.
- \* 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.

6 Week Winter Schedule: March 18 - April 24, 2025

Monday

Tuesday

Wednesday

Thursday

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

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 before March 18th, 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.

6 Week Spring Fees

Winter Class once a week \$130  
 2nd weekly class \$90  
 Drop-in 1 class \$25  
 Check: Yoga Practice Center  
 PayPal, Cash, Venmo  
 Fees appreciated by 3/18/25

Registration

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

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.