

Yoga Practice Center, LLC  
 6 Week Winter Session  
 January 18 - February 23, 2023

Name \_\_\_\_\_

Address \_\_\_\_\_  
 \_\_\_\_\_

Phone \_\_\_\_\_

E-Mail \_\_\_\_\_

Class Day \_\_\_\_\_ Time \_\_\_\_\_ Fee \_\_\_\_\_

Fee Paid \_\_\_\_\_

Are You Vaccinated? Yes  No

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 expected by January 18, 2023.
- \* If you are ill in *any way* 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.
- \* Class will be cancelled if winter weather is outrageous, sorry, no extra class will be added to end of session due to weather.

6 Weeks Winter Yoga Session: January 18 - February 23, 2023

Monday	Tuesday	Wednesday	Thursday
			11:00am-12:30pm In Person Studio Class <b>FULL</b>
		6:30pm-8:00pm In Person Studio Class Mixed Levels	email: yogapractice@gmail.com

**Studio Policies** Please read this before signing registration form.

- ◆ Register 5 days before session begins, class will not run if under-enrolled.
- ◆ 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.

6 Weeks Winter Yoga Fees

Winter Session \$120  
 Check: Yoga Practice Center  
 PayPal> email for address  
 Cash Is Always Appreciated  
 Fees due before January 18, 2023

Registration

Return your signed  
 registration form and  
 full payment BEFORE  
 January 18, 2023  
 Thank You.

Clothing & Equipment

Wear t-shirt, tights or shorts,  
 No baggy clothes, no sweats.  
 Yoga is practiced in Bare Feet.  
 \*No perfumed products.\*  
 Please Bring Your  
 Own Sticky Mat.