

Yoga Practice Center, LLC
6 Week Holiday Session
November 4 - December 18, 2025

**No Classes 11/25 - 11/27*

Name _____

Address _____

Phone _____

E-Mail _____

Class Day	Time	Fee
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Class Day	Time	Fee
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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

- * Registration & Payment appreciated by November 4th, 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 Holiday Schedule: November 4 - December 18, 2025

**No Classes 11/25 - 11/27*

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

**No Classes 11/25 - 11/27*

Studio Policies Please read this before signing registration form.

- ◆ Please, Register with Fees before November 4th, 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 Holiday Session Fees

Registration

Clothing & Equipment

One Class once a week	\$130
2nd weekly class	\$90
Drop-in 1 class	\$25
Check: Yoga Practice Center	
PayPal, Cash, Venmo	
Fees appreciated by 11/4/25	

Please return your signed registration form and <i>full</i> payment before you come into your first class, Thank You for your thoughtfulness.

Wear t-shirt, tights or shorts, Yoga is practiced in Bare Feet. <i>*No perfumed products.*</i> Please, bring your own mat & any props you may want.
