Yoga Practice Center, LLC
5 Week Late Fall Session
November 10 - December 17, 2026
No Classes 11/24 - 11/26

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 November 10, 2026.
* 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.

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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.
email: yogapractice@gmail.com		6:00pm-7:30pm All Levels Strength & Stamina practice beginning and advanced poses, inversions, as able.	

Studio Policies
Please read this before signing registration form.

- ♦ Please, Register with Fees before November 10, 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.

5 Week Late Fall Session Fees

One Class once a week	$120
2nd weekly class	$85
Drop-in 1 class	$25

Check: Yoga Practice Center
PayPal, Cash, Venmo
Fees appreciated by 11/10/26

Registration

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

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.