

Yoga Practice Center, LLC  
7 Week Winter Session  
January 14 - February 27, 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 January 14, 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.

7 Week Winter Schedule: January 14 - February 27, 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 January 14th, 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.

7 Week Winter Fees

Winter Class once a week \$150  
2nd weekly class \$120  
Drop-in 1 class \$25  
Check: Yoga Practice Center  
PayPal, Cash, Venmo  
Fees appreciated by 1/14/25

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.