

Yoga Practice Center, LLC  
7 Weeks Autumn Session  
September 9 - October 23, 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

- \* Registration & Payment appreciated by September 9, 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 Weeks Autumn Schedule: September 9 - October 23, 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.

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 September 9th, 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 Autumn Session Fees

Registration

Clothing & Equipment

|                             |       |
|-----------------------------|-------|
| One Class once a week       | \$160 |
| 2nd weekly class            | \$110 |
| Drop-in 1 class             | \$25  |
| Check: Yoga Practice Center |       |
| PayPal, Cash, Venmo         |       |
| Fees appreciated by 9/9/25  |       |

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