

Yoga Practice Center, LLC
2012 Winter Session
January 9- March 3

Fill out entire form,
 please.

Detach here

Name _____

Address _____

Phone _____

E-Mail _____

Class Day	Time	Fee

2nd Class	Time	Fee

Total Fee Paid _____

Do you have any *Medical Conditions / Injuries*
 Lynlee should be aware of? 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: _____

*Please sign, date,
 and return with fee
 before classes begin:*

Yoga Practice Center, LLC
 9885 Ann Arbor Road West
 Plymouth, MI 48170

Detach here

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Level 1: No prerequisite
 Learn the basic fundamentals of yoga asanas & yoga philosophy. Sarvangasana, shoulderstand, and Halasana, plow pose, are introduced. Plan to repeat several times before moving to Level 2. Classes are vigorous. Classes are designed for those who are physically fit and practice in between classes.
No Medical or Health concerns.

Ageless Tuesday: No prerequisite
 This is a slower paced class for all ages. Basic standing, seated, twisting and forward bends are practiced, often with support. Progress at your own rate. Designed for physically active adults.
No Medical or Health concerns.

Level 2: Prerequisite: 2 years of Level 1.
 For Continuing Yoga students. Classes are vigorous and require a good understanding of Level 1 asanas. Sirsasana, headstand, is taught. It is advisable for enrolled students to practice at home to keep up with class pace.
No Medical or Health concerns.

Level 3: Prerequisite: 4 years of Iyengar Yoga
 Advanced asanas and inversions are taught. Students can hold a 5 minute Sarvangasana & are able to practice Sirsasana at the wall. Students must practice at home to keep up with class pace. All variety of poses will be practiced with focus on endurance and stamina. Register with instructor permission only.
No Health or Medical concerns.

Monday	Tuesday	Wednesday	Thursday
	10:30-12:00pm Ageless		11:30-1:00pm Level 2
		4:45-6:15pm Level I	
6:00-7:30pm Level 1	5:45-7:15pm Level 3	6:30-8:00pm Level 2	7:00-8:30pm Level 1

Studio Policies Please read this before signing registration form.

- ◆ Register 7 days before session begins, class will not run if under-enrolled.
- ◆ Make-Up Classes: Make-up a missed class during same week, no carry-overs to next session. *Makeup class in the same level class in which you are enrolled.*
- ◆ Drops are accepted & refunds given up to the start date of the session.
- ◆ 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.

Tuition for Winter 2012

To Register

Clothing & Equipment

1 class per week:	\$110
2nd class per week: (New Year Special Offer)	\$50
Drop in per class:	\$16

Sign & date form. Mail in, with payment 1 week before session begins. Instructor requires your signed registration form & full payment before coming into classroom.

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