

Living Tradition Yoga Schedule of Classes

Summer Session 2009

June 14 – August 15 (8 Weeks*)

Name: _____ Phone: _____

Address: _____

City/ Zip: _____ Email: _____

Please indicate your class selection below:

Level: _____ Day: _____ Time: _____ Fee: _____

Level: _____ Day: _____ Time: _____ Fee: _____

Total: _____

By signing below, I assume full responsibility for my safety and well-being inside of the classroom. I also confirm that any doubts I have about my fitness have been cleared by a physician or other certified healthcare professional prior to my participation in classes at Living Tradition Yoga School. (Please indicate any injuries or medical conditions that your teacher should be aware of on the reverse side of this form.)

Signature: _____ Date: _____

Weekly Class Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 am							
9 am			Level 1 with Chris 9:00 – 10:30				Level 1-2* with Chris 9:00 – 10:30
Noon							
4 pm			Gentle Yoga with Chris 4:00 – 5:30				
6 pm		Level 1 with Chris 6:00 – 7:30	Level 3 with Chris 6:30 – 8:00	Target Classes (see website for details)	Level 2 with Tracy 6:30 – 8:00		
9 pm							

*** = No Class June 28 – July 4, or Saturday, July 25.**

(Students registered for Saturday classes may make up in any other scheduled class or request a tuition refund.)

Living Tradition Yoga

Summer Class Schedule

Calendar of Special Events:

Summer Target and Special Classes: Throughout July and August. Visit studio or website for dates and times.

Location and Contact Information:

826 W. 11 Mile; Royal Oak 48067, just East of Maxwell St. (The first light East of Woodward on 11 Mile—it is behind a Dentist's office, so look for the "Floss Avenue" sign). For more information please call 248.591.9155.

Studio Policies:

- Students may drop-in for a single class any time during the session (pre-registration is not required).
- Classes with less than 7 registrants will be cancelled for the duration of the session.
- Please register by the first class. Registration closes after the 2nd week.
- Refunds are given through the second week only. There will be a \$15 cancellation fee.
- Please refrain from eating for at least 2 hours prior to class (longer for heavier meals).
- Please arrive for class on time and be prepared to stay for the entire class.
- Wear comfortable clothing (shorts or tights and a t-shirt); be prepared to practice barefoot.
- Please do not wear perfumes or other heavy scents to class.

Make-up Policy:

- You can make-up missed classes at any other regularly scheduled class **during the same session**.
- You may attend any class at the same level, one level above, or one level below. **You cannot make-up missed classes in future sessions or special classes.**

Session Fees:

Single Class (Drop-In): \$16

1 Class per week (8 Classes): \$104

2 Classes per week (16 Classes): \$176

Unlimited classes for 8 weeks: \$200

Private Session: \$85

Discounts: Students (with i.d.) and seniors (62+) receive 10% off class fees.

Please mail registration form and check made payable to:

Living Tradition Yoga

P.O. Box 1564

Royal Oak, MI 48068

www.LivingTraditionYoga.com