

# Living Tradition Yoga

## Schedule for Summer Session 2011

(July 11 – September 3)

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City/ Zip: \_\_\_\_\_ Email: \_\_\_\_\_

**Please indicate all weekly and/ or special classes you are registering for:**

Class: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_ Fee: \_\_\_\_\_

Class: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_ Fee: \_\_\_\_\_

Class: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_ Fee: \_\_\_\_\_

Total: \_\_\_\_\_

**Please indicate alternate class day(s) and time(s) you are available to attend here:**

By signing below, I assume full responsibility for my safety and well-being inside (and outside) 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 Schedule of Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
<b>Early a.m.</b>						
<b>9 am</b>	Level 1 9 – 10:30	Private Lessons (by appt.)				Level 2 9:00 – 10:30
<b>Noon</b>	Private Lessons (by appt.)		Private Lessons (by appt.)		Private Lessons (by appt.)	
<b>Early p.m.</b>	Level 2 5:45 – 7:15	Level 3 6:30 – 8:00	Level 1 - 2 5:45 – 7:15		Target Classes: 6:30 – 8:30  Schedule T.B.A.	Restorative/ Pranayama 4:00 – 5:30
<b>7:30 p.m.</b>	Introduction to Iyengar Yoga 7:30 – 9:00			Level 2 7:30 – 9:00		

\* No Classes Saturday July 30 (Will be made up September 10)

# Living Tradition Yoga

## Calendar of Special Events (Summer Session)

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**A Living Vision:** LTY Community Conference call, Wednesday July 20, 8:00 p.m.

**Daily Back Care Target Class:** Date/ Time T.B.A. (end of July)

**How to Practice Yoga Everywhere:** Date/ Time T.B.A. (mid-August)

**Spectacular Saturdays: Training-n-Trainers Workshops (T-N-T)**

Saturday, August 6

Saturday August 27

**1:00 – 3:30 p.m.**

While not specifically a “teacher training,” this 2.5 hour workshop is designed to take existing yoga teachers—or zealous yoga students—to a deeper experience and expression of their practice. We will cover a variety of postures and yogic techniques within the larger context of both ancient and modern classic yoga texts, to yield rich and lasting insights into the tremendous possibilities for growth and fulfillment offered by the sophisticated technology of the yogic sciences.

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### Class Descriptions

**Intro to Iyengar/ Level 1:** Introductory class for students new to yoga or new to Iyengar Yoga.

**Level 2:** Yoga for healthy new students with no major health challenges, and continuing students who have completed two (or more) Level 1 sessions.

**Level 3:** Continuing level yoga for students who do inversions with some ease at the wall.

**Restorative:** A class for all-levels of students to provide deep rest to the physiology.

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### **Studio Policies:**

- Classes with less than 7 registrants will be cancelled for the duration of the session.
- 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 (4 hours for heavy 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.

### **Session Fees\*:**

Single Class: \$20 (Drop-ins are welcome any time during the session)

1 Class per week: \$144 (8 Classes, regular weekly classes only)

2<sup>nd</sup> Class per week: \$72 (8 Classes, regular weekly classes only)

Unlimited regular classes for the session: \$240 (Can be made in installments)

Target Classes: \$30. T-N-T Workshops: \$50

\*Students and Seniors (62+) receive 10% off class fees. (Not applicable to special events or target classes.)

### **Classes held at:**

826 W. 11 Mile, Suite 108  
Royal Oak, MI 48067  
Just east of Maxwell St.

### **Please mail registration form to:**

Living Tradition Yoga  
P.O. Box 1564  
Royal Oak, MI 48068

For more information, please call 248.591.9155  
[www.LivingTraditionYoga.com](http://www.LivingTraditionYoga.com)