

Living Tradition Yoga

Iyengar Yoga Spring Session 2010

April 12 – July 17 (11 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 (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: _____

Please mail this form and check made payable to:
Living Tradition Yoga, P.O. Box 1564, Royal Oak, MI 48068

Weekly Class Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday*
6 am							
9 am	Sutra	Level 1 9:00 – 10:30	Private Lessons (by appt.)		Private Lessons (by appt.)		Level 2 9:00 – 10:30
Noon		Private					Level 1 10:45 – 12:15
4 pm	(Ongoing Yoga Sutra Study Group)	Lessons (by appt.)		Wednesday Target Classes 6 – 8 pm	Level 2 5:45 – 7:15		Beginning Gentle/ Special Needs 4:00 – 5:30
7 pm			Level 3 7:30 – 9:00		(see reverse for details)	Level 1 7:30 – 9:00	

* = LTY will be closed June 30 – July 6 for 4th of July Holiday

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Iyengar Yoga in Royal Oak

Calendar of Special Events (Spring Session):

- **Save the Planet through Yoga—An Earth Day Celebration,** Wednesday April 28, 6:00 – 8:00 p.m.
- **Target Class: Low Back Care,** May 19, 6:00 – 8:00 p.m.
- **Target Class: Strong in the Knees,** June 16, 6:00 – 8:00 p.m.

Cost: \$25 per class

Echoes of Exhilaration—Follow-up lessons from Laurie Blakeney's March Workshop
Details and location coming soon

Class Descriptions

Level 1: Introductory class for beginning students new to yoga or new to the Iyengar Yoga method.

Level 2: Yoga for 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.

Beginning Gentle/ Special Needs: A slower-paced class for those new to yoga that focuses on the fundamentals of alignment and utilizes appropriate modifications of postures to ensure safety for students with injuries, chronic pain, pregnancy, obesity, or any other condition that could be benefited by gentle exercise. *Please obtain your doctor's permission before attending this class.*

Location and Contact Information:

826 W. 11 Mile, Suite 108; Royal Oak 48067, just East of Maxwell St. (Look for the door marked #108)

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 (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 (Drop-In): \$16

"Target" and Special Classes: \$25

1 Class per week (11 Classes): \$150

2 Classes per week (22 Classes): \$264

Unlimited classes for 11 weeks: \$330

Private Lesson: \$90

Students (with i.d.) and seniors (62+) receive 10% off class fees. (Discounts do not apply to special events.)

Living Tradition Yoga

P.O. Box 1564

Royal Oak, MI 48068

248.591.9155

www.LivingTraditionYoga.com