

# Living Tradition Yoga

## Schedule for Spring Session 2011

(April 11 – July 2)

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>6 am</b>						Level 1-2 <b>7:00 – 8:30</b>
<b>9 am</b>	Level 1 <b>9 – 10:30</b>	Private Lessons (by appt.)		Level 1 - 2 <b>9 – 10:30</b>		Level 2 <b>9:00 – 10:30</b>
<b>Noon</b>	Private Lessons (by appt.)		Private Lessons (by appt.)	Gentle Level 1 <b>10:45 – 12:15</b>	Private Lessons (by appt.)	
<b>5 pm</b>	Level 1 -2 (with Hugh) <b>5:45 – 7:15</b>	Level 3 <b>6:00 – 7:30</b>	Level 2 <b>5:45 – 7:15</b>	Level 1 (with Hugh) <b>5:45 – 7:15</b>	Target Classes: <b>6:30 – 8:30</b>  Schedule T.B.A.	Restorative/ Pranayama <b>4:00 – 5:30</b>
<b>8 pm</b>	Introduction to Iyengar Yoga <b>7:30 – 9:00</b>		Level 1 <b>7:30 – 9:00</b>	Level 2 - 3 <b>7:30 – 9:00</b>		

**Class Sizes Limited to 12 students.**

# Living Tradition Yoga

## Iyengar Yoga in Royal Oak

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### Calendar of Special Events (Spring Session):

Target Class #1: TBA  
Target Class #2: TBA  
Target Class #3: TBA  
Target Class #4: TBA

### Spectacular Saturdays: Mo' Betta Yoga Workshops SCHEDULE T.B.A.

Do more Yoga! Do better Yoga!

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### 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.

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

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### **Studio Policies:**

- Classes with less than 8 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.
- Session fees will be prorated for students who register for the session after it has begun.

### **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: \$216 (12 Classes, regular weekly classes only)

2<sup>nd</sup> Class per week: \$108 (12 Classes, regular weekly classes only)

Unlimited regular classes for the session: \$360 (Can be made in monthly installments)

Target Classes: \$25. Mo' Betta Workshops: \$40

Private Lesson: \$90 for 1 hour; \$125 for 1 1/2 hours

\*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)