

# Living Tradition Yoga

## Schedule for Fall Session 2010

(September 13 – December 18)

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: \_\_\_\_\_

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: \_\_\_\_\_

To register for yoga classes, please mail this form and check made payable to Living Tradition Yoga to:  
Living Tradition Yoga, P.O. Box 1564, Royal Oak, MI 48068

### Weekly Schedule of Classes

	Monday	Tuesday	Wednesday	Thursday ∞	Friday	Saturday
<b>6 am</b>	Early Bird Program* <b>6:30 – 8:00</b>			Early Bird Program* <b>6:30 – 8:00</b>		Early Bird Program* <b>7:00 – 8:30</b>
<b>9 am</b>	Level 1 <b>9:00 – 10:30</b>	Private Lessons (by appt.)		Level 1 <b>9:00 – 10:30</b>		Level 2 <b>9:00 – 10:30</b>
<b>Noon</b>	Private Lessons (by appt.)		Private Lessons (by appt.)		Private Lessons (by appt.)	Saturday Target Classes <b>1 - 3:30</b>
<b>5 pm</b>	Level 1 <b>5:45 – 7:15</b>		Level 1 <b>5:45 – 7:15</b>	Level 2 <b>5:45 – 7:15</b>	Happy Hour Practice § <b>5:30 – 6:30</b>	Gentle/ Restorative <b>4:00 – 5:30</b>
<b>8 pm</b>		Level 3 <b>7:30 – 9:00</b>		Level 1 <b>7:30 – 9:00</b>		

\* = Early Bird classes are for All Levels      ∞ = Thanksgiving Day Class at 9 a.m. only (Nov. 25)  
 § = Happy Hour Practice is open to all students who are registered for the fall session (\$5 drop-in)  
 Please note, classes will not be held October 8 – 10 (students may make up or request a refund)

# Living Tradition Yoga

## Iyengar Yoga in Royal Oak

---

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

- Free Trial Class Tuesday Sept. 7 and Thursday September 9, 6:30 – 8 pm
- Discover Iyengar Yoga at Whole Foods in Rochester Hills Wednesday September 8, and in West Bloomfield Wednesday September 29, 7 – 8:30 pm (lecture, demo and free trial class)
- Putting the Heart into the Heartland: Target class to benefit the Iyengar Yoga Association of the Midwest (IYAMW): September 18, 1 – 3:30 pm

### **Fall Target Classes:**

Yoga for Low Back Care: Part 1 Saturday Sept. 25, 1 – 3 pm; Part 2 Saturday October 2, 1 – 3 pm

Developing a Home Practice: Part 1 Saturday Oct. 23, 1 – 3 pm; Part 2 Saturday Nov. 6, 1 – 3 pm

Fitness the Iyengar Yoga Way: Saturday November 27, 1 – 3 pm

**Echoes of Exhilaration Yoga Workshops: October 16 and November 20, 1 – 3:30 pm**

---

### 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.

---

### **Studio Policies:**

- Classes with less than 8 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: \$20 (Drop-ins are welcome any time during the session)

1 Class per week: \$238 (14 Classes, regular weekly classes only)

2 Classes per week: \$420 (28 Classes, regular weekly classes only)

Unlimited regular and target classes for the session: \$625 (Can be made in monthly installments)

**Target Classes:** \$25. **Echoes of Exhilaration Workshops:** \$40

Private Lesson: \$90 for 1 hour; \$125 for 1 ½ 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)