

# LIVING TRADITION YOGA

## SCHEDULE FOR 2017 SPRING IYENGAR YOGA CLASSES

April 10 - July 8 (13 Weeks)

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: \_\_\_\_\_

Check Number: \_\_\_\_\_ 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>9:00 am</b>	Level I/II <b>9:00 - 10:30</b>					All Levels <b>9:00 – 10:30</b>
<b>1:00 to 4:00 pm</b>	<b>Private Lessons</b> (by appt.)	<b>Private Lessons</b> (by appt.)			<b>Private Lessons</b> (by appt.)	
<b>Early Evening</b>			Beginners <b>6:00 – 7:15</b>			<b>Special Workshops</b>
<b>Later Evening</b>		<b>Two-Hour Tuesdays</b> (See Calendar)	Continuing (Level II/III) <b>7:30 – 9:00</b>	<b>Private Lessons</b> (by appt.)	<b>Special Workshops</b> (See Calendar)	

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## 2017 SPRING SESSION DETAILS

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### Studio Policies:

- Please arrive for class on time and be prepared to stay for the entire class.
- Please refrain from eating for at least 2 hours prior to class (4 hours for heavy meals).
- Wear comfortable clothing (shorts or tights and a t-shirt); be prepared to practice barefoot.
- **The studio is a scent-free zone.** Please do not wear perfumes or other heavy scents to class.
- Living Tradition Yoga is a smoke-, drug-, and alcohol-free studio.

### Make-up Policy:

- You can make-up missed classes at any other regularly scheduled class **within the posted dates for the session** (see front). Your subscription must be current to be eligible for make-ups.
- Any missed classes not made up by the end of the Session do not carry over to the next session.
- You may attend any regularly scheduled class for a make-up. Target and special classes are exempt.

### Studio Fees\*

**Drop-In Class:** \$23

**One Class per week subscription:** \$260 for session; \$650 for remainder of 2017 (\$50 savings)

**Two class per week subscription:** \$488 for session; \$1200 for remainder of 2017 (over \$100 savings)

- Refunds are given through the first week of the session only. There will be a \$20 cancellation fee.
- Missed classes must be made up by the end of the session. You can make up in any class one level above, or one level below, either in advance of, or after being absent from your regularly scheduled class.

**Private Lesson:** Please call 248.821.9642 to discuss program.

\*= Students (with valid i.d.) and Seniors (62+), receive 10% off class fees. (Subscriptions only. Not applicable to special workshops, drop-in classes, or private lessons.)

## CALENDAR OF SPECIAL EVENTS (SPRING 2017)

**Postures and Pranayama Workshops: 4/22, 5/27, 6/24, 4:00 - 6:00 p.m.**

**Two (as in "Too Happy")-Hour Tuesdays: 4/25, 5/23, 6/20, 6:00 - 8:00 p.m.**

**Essentials of Back Care Workshop: 21 April, 6:00 - 8:00 p.m.**

**Exploring the Hip: 9 June, 6:00 - 8:00 p.m.**

—Additional Workshop Schedule TBA—

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### Class Descriptions

**Beginner/ All Levels class:** Class for all levels of students with modifications given to help newcomers and advanced work for more experienced students. **Target classes** are appropriate for this level of student and above (no newcomers please.)

**Level II/III:** Class for students with some experience of Iyengar Yoga. Familiarity with standing postures, basic alignment, and how to set-up shoulderstand is required. No newcomers, please.

**Private Lessons:** For individual and small groups (6 students or less) interested in individualized attention and customized instruction to ensure maximum benefits from practice.

#### **Classes Held at**

826 W. 11 Mile Rd, Suite 108  
Royal Oak, MI 48067  
(Just East of Maxwell Street)

#### **Please mail Registration form to:**

Living Tradition Yoga  
320 E. Farnum Ave.  
Royal Oak, MI 48067

For more information, please call 248.821.YOGA (9642)

[www.LivingTraditionYoga.com](http://www.LivingTraditionYoga.com)