

INTRO TO YOGA REGISTRATION FORM

Sundays June 13, 20, 27
11:15-12:30pm
\$40

Name: _____ Date: _____

Your Date of Birth: _____ Phone: _____

Address: _____

Telephone: _____ Cell Phone: _____

Email Address: _____

How did you hear about Motion Center/the Intro to Yoga class? _____



Please list any injuries or health conditions you have had in the past 5 years, and when. Is there anything else you would like the instructor to know?

I understand that I am registering for the 4 week Intro to Yoga class, running on Sundays June 13, 20, 27 from 11:15-12:30pm. Please send in full payment and this form to reserve a space.

I have informed my teacher of any injuries or health conditions I have, and have read and understand the Payment Policies.

signature

date

What times would you be interested in taking yoga classes?:

Weekend: early-am mid-morning lunchtime early-afternoon late-afternoon evening

Weekday: early-am mid-morning lunchtime early-afternoon late-afternoon evening

PAYMENT POLICIES:

After the first class, remaining course payment cannot be refunded, except in the case of emergency prohibiting class attendance.

A single make-up class is included in the series fee, and must be taken between March 18th and April 15th, 2010. Beginner make up classes include: Thursday 5:30-7 Iyengar, Saturday 9-10:30 Hatha, Sunday 10-11:30 Anusara, Tuesday 12:30-1:30 Alignment Yoga.

GENERAL INFORMATION:

Please inform your teacher of any current/chronic injuries or health conditions so that she may safely modify the class for you.

Please take the time to listen to your body, and never force yourself beyond your limits. Questions on how to adapt the practice to your interests and body are always welcomed by your teacher. Some simple suggestions for students new to yoga can be found on our website at: http://www.motioncenter.com/New_to_Yoga.html