

INTRODUCTION TO YOGA REGISTRATION FORM

*please mail or email form with payment to reserve your space.

----- **Intro to Iyengar Yoga** with Naama Gidron
Thursdays 7:15-8:45, \$50
January 19, 26, February 2, 9

Name: ----- Date of Birth: -----

Address: -----

Telephone: ----- Cell -----

Email Address: -----

How did you hear about Motion Center? -----

Please list any injuries or health conditions you have had in the past 5 years:

I understand that I am registering for either the 4 week Intro to yoga series or the single day workshop noted above, and that the full payment is required to reserve a space. I have noted any injuries or health conditions I have, and have read and understand the Payment Policies.

signature

date

PAYMENT POLICIES:

Withdrawl 1 week prior to series start: full refund

Withdrawl less than one week before series start: \$20 refund

Withdrawl after 1st class: No refund

MISSED CLASSES: A single make-up class is included in the series fee, and can be taken in a beginner level class in the month following the Intro series completion.

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 in the "New to Yoga" section.

