

# Spring Session 2

May 7 – June 23, 2012

6 Weeks: 1 class per week

**\$75 pre-registration \$88 after the deadline**

pre-registration payment deadline is Saturday, May 5, 2012 2:00 PM

Center CLOSED  
May 30-June 5



If registering for more than one class per week for six weeks:  
**2 Classes: \$138                      3 or more Classes: \$176**

Harmony for Body, Mind and Soul

**FREE TRIAL CLASS** for new students during Week 1  
 (subject to class availability)

**Yoga in Daily Life**  
 2402 Mt. Vernon Ave.  
 Alexandria, VA 22301  
**703-299-8946**

For availability of classes check the bulletin board in the Yoga Center,  
 call **703-299-8946** or check our Web site: [www.yogaindailylifeus.org](http://www.yogaindailylifeus.org)

See reverse for class descriptions

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-11:00 AM						Level 1	
10:00-11:30 AM		Levels 2 & 3		Level 1	Levels 2&3	Levels 4 & higher <i>(upstairs)</i>	
12:15-1:15 PM			Yoga for Seniors				
4:00-4:45 PM	Yoga for Kids 4-8 Year olds						
6:00-7:30 PM			Level 1	Level1	Levels 2&3		
7:00-8:30 PM			Meditation <i>(upstairs)</i>				
7:45-9:45 PM	Levels 2&3	Level 1		Levels 2&3			

## Class Registration Form – Spring Session 2, 2012

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (H) \_\_\_\_\_ How did you hear about us? \_\_\_\_\_

New e-mail address \_\_\_\_\_

Class #1 \_\_\_\_\_ Day \_\_\_\_\_ Time \_\_\_\_\_

*if registering for more than one class per week:*

Class #2 \_\_\_\_\_ Day \_\_\_\_\_ Time \_\_\_\_\_

Class #3 \_\_\_\_\_ Day \_\_\_\_\_ Time \_\_\_\_\_

**PLEASE, SIGN THE WAIVER ON THE OTHER SIDE!**

**FOR CREDIT CARD USE ONLY (fill out only when card is not present)**

Credit Card (check one)  MC  Visa Total amount: \$ \_\_\_\_\_

Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_ Credit Card ID# \_\_\_\_\_

*I authorize changes to my credit card account and agree to pay the total amount according to card issuer agreement*

Signature \_\_\_\_\_

## CLASS DESCRIPTIONS

### Level 1

Improve your health and well-being in our Level 1 class. Here you will learn yoga postures (Asanas) breath techniques, and deep relaxation to relax the body and calm the mind. A regular practice of yoga brings balance to the body, mind, and soul. Newcomers to Yoga in Daily Life are highly encouraged to attend at least two six-week sessions of Level 1 before moving onto a higher level. Most students will need at least three months of level 1 sessions while others will benefit from a year or more of this class. Students are welcome to take Level 1 for as long as they like.

### Levels 2&3

Deepen your awareness of the postures, deep relaxation, Pranayam, and meditation. *Prerequisite: One session of Level 1 is required (two or more Level 1 sessions are recommended) and permission of Level 1 instructor.*

### Levels 4 & higher

Even more advanced postures, deep relaxation, Pranayam, and meditation. *Prerequisite: At least two sessions of Level 2&3 are required (four or more are recommended) and permission of the Level 2&3 instructor.*

### Meditation

Strengthen your inner calm through the ancient art of meditation. This class has gentle postures and meditation, and is open to all for \$35 per session or \$10 drop-in.

### Yoga for Seniors

A gentle class designed to help promote flexibility, balance, strength, and overall health. All are welcome regardless of physical ability. \$50 for a 6-week session.

### Drop-In Policy

Students who are registered for any YIDL class may drop-in to additional classes for a fee of \$12 per class, if space is available, on a first-come, first-served basis.

Students who are not registered in any YIDL class, including out-of-town visitors, are welcome to take a class for a fee of \$16 per class, if space is available, on a first-come, first served basis.

### Make-up Classes

Students can make-up missed classes only at their level or the Meditation class. All classes except Levels 2 and higher are considered the same level. All make-up classes must be done by the end of each session.

### No Carry Overs!

### Refunds

A non-refundable \$14 registration fee

**After Week 1:** All tuition, less registration fee

**After Week 2:** 50% of tuition, less registration fee

**After Week 3:** 25% of tuition, less registration fee

**After Week 4:** No refunds

### Yoga In Daily Life

2402 Mt. Vernon Avenue • Alexandria, VA 22301

For further information and to register call:

**Tel:** 703-299-8946

**e-Mail:** alexandria@yogaindailylifeus.org

**Web Site:** www.yogaindailylifeus.org

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## Waiver of Responsibility

I understand that the level of my participation in this exercise program and which exercises I perform must be determined by me. In consultation with my physician, and that Yoga In Daily Life and the Instructor cannot fully monitor the extent of my participation.

I understand that the instructor is not a physician, nurse or emergency medical technician, and that the instructor and Yoga in Daily Life, by making this exercise program available, are not undertaking any responsibility regarding my medical condition(s). If my medical condition should change, I understand that it is my responsibility to discontinue the exercise program and to immediately consult with my physician about continuing or resuming participation in the program.

I hereby release, indemnify and hold harmless Yoga In Daily Life, its director, agents and instructors of this exercise program from any and all claims, demands, personal injuries, costs or expenses, arising out of my participation in this program.

I understand the nature and extent of the exercises in which I am participating and that, while performing those exercises, I could sustain bodily injury, I am nevertheless voluntarily agreeing to participate in the exercise program and perform those exercises conducted by Yoga In Daily Life.

I understand that I would not be accepted in this program without the execution of this Release. I have read this Release and have been given the opportunity to ask questions. I have received and understood all the information which was provided.

Participant or Legal Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_