

Fall 2021 Yoga Registration Form

One form per person please

Name _____

Address _____

City _____ ST _____ Zip _____

Phone _____

Email _____

Yoga at Maywood – October 6, 13, 20 & 27 and November 3 & 10

\$60 if registered by September 29; \$72 if registering after September 29

iRest® Yoga Nidra Meditation - 4 sessions

October 13, November 10 & December 8

\$30 if registered by October 7 ; \$36 after October 7

Amount Enclosed \$ _____

Cash or check payable to Maywood

Return to: Maywood, Attn Yoga, 3615 Mueller Rd, Sheboygan, WI 53083

Participants will be asked to sign a waiver and provide an emergency contact at the first class they attend.

Return form & payment to:

Maywood, Attn: Yoga, 3615 Mueller Road, Sheboygan, WI 53083

Yoga at Maywood

October 6, 13, 20, 27 and November 3 and 10

5:15-6:15pm

\$60 if registered by September 29; \$72 if registering after September 29

Join Barbara Holt (RYT-200) for a series of classes intended for both the beginning and the experienced yoga student. The series will focus on building strength, flexibility and balance by working the entire body with daily functional movement and mindfulness in mind. Those who are interested in practicing yoga in a nature setting, with classes outdoors when possible, are invited to join. Minimum of 4 participants, maximum of 10. Please bring a yoga mat, 2 blocks, a strap, and a blanket. Mask requirements and social distancing will be guided by Maywood expectations and CDC recommendations at the time of the class.

iRest® Yoga Nidra Meditation

Wednesdays October 13, November 10 and December 8

6:30-7:30pm

\$30 if registered by October 7; \$36 if registering after October 7

Drop-in rate for any class \$12/class

Cultivate resiliency and enhance self-care through the practice of yoga. This guided meditation will focus on meeting, greeting, welcoming, and engaging thoughts, emotions, and beliefs that arise as messengers in our lives. During iRest we realize that qualities of peace, well-being, joy, love, kindness, and compassion are always present, even during our greatest difficulties. This practice can be done while sitting in a chair or lying on the floor. Bringing a yoga mat, blanket, towel or small pillow, and eye covering could make the experience more enjoyable but are not necessary. Barbara Holt is a registered yoga teacher with Yoga Alliance (RYT-200) with over a decade of experience teaching yoga and meditation in a variety of settings. Barbara is an iRest Yoga Nidra Level 2 teacher. To learn more about the benefits of iRest, please visit www.irest.us.

For our current COVID safety guidelines visit www.GoMaywood.org

About the Instructor

Barbara Holt is a registered yoga teacher with Yoga Alliance (RYT-200) with over a decade of experience teaching yoga and meditation in a variety of settings. Barbara is an iRest Yoga Nidra Level 2 teacher.

Class Cancellation Dates & Refunds

In the event of cancellation due to weather or instructor illness, a make-up date will be set by the instructor or class fees will be refunded. Make-up date is scheduled based on classroom and instructor availability. Class fees are non-refundable but may be transferred to another individual if Maywood is notified prior to the registration deadline listed in this brochure. Refunds are not offered for missed or skipped classes. No proration of fees for late registrants.

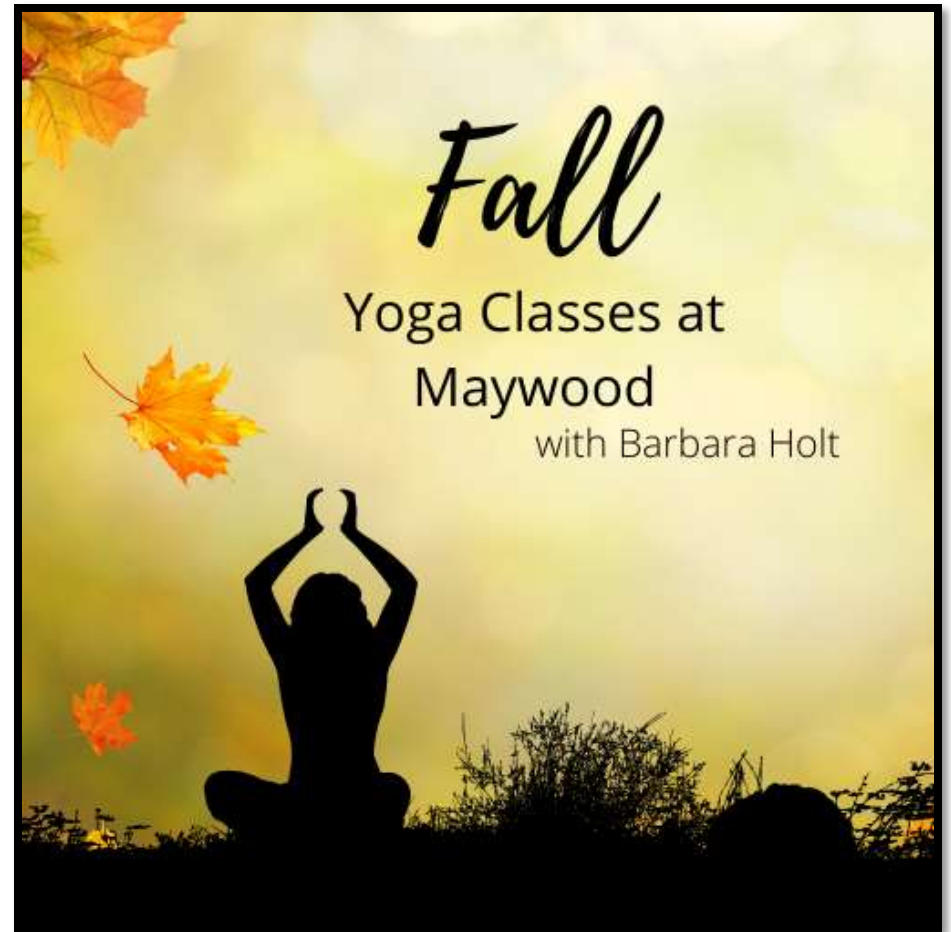
Class cancellations are posted on our events calendar at GoMaywood.org. We will do our best to notify participants who have preregistered using the email or phone number provided at registration.

COVID Policy

As a City of Sheboygan facility, Maywood follows the COVID safety guidelines put forth by the City of Sheboygan. Please visit our website for current safety guidelines and masking requirements. Participants who have COVID-19 symptoms, have tested positive for COVID-19, or have been exposed to COVID-19 should follow current CDC guidelines and not attend programs until the recommended quarantine time has passed. Refunds will be issued to participants who cannot attend a class due to COVID. This policy is effective until announced otherwise.

Class Confirmations

For classes with a minimum number of participants, we will send a confirmation email once the minimum is met. If the minimum number of participants is not met, refunds will be issued via check to those already registered.



Maywood Environmental Park

3615 Mueller Road
Sheboygan, WI 53083
(920) 459-3906

maywood@sheboyganwi.gov

www.gomaywood.org