

December 2021 Yoga Registration Form

One form per person please

Name _____

Address _____

City _____ ST _____ Zip _____

Phone _____

Email _____

Yoga For the Holidays – December 1, 8, and 15

\$30 if registered by November 19; \$36 if registering after November 19
Registration Deadline: November 24

iRest® Yoga Nidra Meditation

\$12/person or drop in as space permits

Amount Enclosed \$ _____

Cash or check payable to Maywood

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 for the Holidays

Wednesdays December 1, 8 and 15

5:15-6:15pm

\$30 if registered by November 19; \$36 if registering after November 19

Registration Deadline: November 24

Give yourself the gift of yoga this holiday season while enjoying the beauty of Maywood. This series has been created with all levels of experience in mind. Themes for this season's classes:

12/1 Moments of Reflection

12/8 The Present of Being Present

12/15 Creating Calm for Christmas

The series will be joyfully guided by Barbara Holt (RYT-200). Please bring a yoga mat, hand towel, and a blanket to each class. Minimum of 4 students. \

iRest® Yoga Nidra Meditation

Wednesday, December 8

6:30-7:30pm

Drop-in rate \$12/person as space permits

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, are awaiting a COVID-19 test result, 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