

Winter 2022 Yoga Registration Form - One form per person please

Name _____

Address _____

City _____ ST _____ Zip _____

Phone _____

Email _____

Yoga at Maywood – Winter Session #1

\$40 if registered by December 17; \$48 if registering after December 17
Registration Deadline: December 22

Yoga at Maywood – Winter Session #2

\$40 if registered by January 21; \$48 if registering after January 21
Registration Deadline: January 26

Yoga and Intention Setting Workshop

\$10 members/\$20 Non-members
Registration deadline: January 5

iRest® Yoga Nidra Meditation – 3 sessions

\$30 if registered by January 5; \$36 if registering after January 5

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

Winter 2022 Yoga Classes and Workshops

Yoga at Maywood

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 are invited to join. Minimum of 4 participants. Please bring a yoga mat, 2 blocks, a strap, and a blanket.

Winter Session #1: January 5, 12, 19 and 26

5:15-6:15pm

\$40 if registered by December 17; \$48 if registering after December 17

Drop-ins \$12/person on January 5, 12 and 19 only as space permits

Registration Deadline: December 22

Winter Session #2: February 2, 9, 16 and 23

5:15-6:15pm

\$40 if registered by January 21; \$48 if registering after January 21

Drop-ins \$12/person as space permits

Registration deadline: January 26

Yoga and Intention Setting Workshop

Saturday, January 8

9-11:30am

Cost: \$10 members/\$20 Non-members

Registration deadline: January 5

Join Samantha Lammers (RYT-200hr) as you navigate through a journey of self-awareness and kindness. We will begin this workshop with a 60min Gentle Flow to connect our breath and our bodies. Following our awareness flow we will begin setting some intentions for the New Year, while showing ourselves kindness, courage, and self-love. The workshop will end with a complimentary light and fresh soup and salad lunch. Please dress for your own body temperature and bring a mat and water bottle. All other supplies and equipment will be provided for you.

More classes on next page....

iRest® Yoga Nidra Meditation

Wednesdays January 12, February 9, and March 9

6:30-7:30pm

\$30 if registered by January 5; \$36 if registering after January 5

Drop-in rate for any class \$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. Registration form available at <http://www.gomaywood.org>

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.

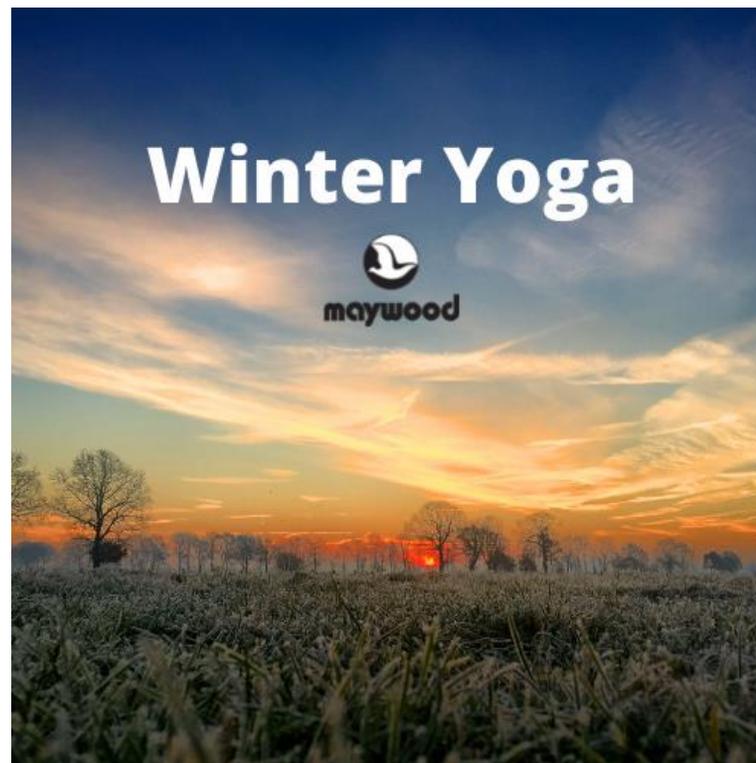
Class cancellations are posted on our events calendar at GoMaywood.org. We will do our best to notify participants who have preregistered using the email or phone number provided at registration.

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

3615 Mueller Road, Sheboygan, WI 53083

(920) 459-3906 maywood@sheboyganwi.gov

www.GoMaywood.org

About the Instructors

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.

Samantha Lammers (200–RYT) has been a yoga teacher in the Sheboygan area since 2014. She operates her own yoga studio, SOYO Studios, in Oostburg WI. She also is the yoga instructor at Riveredge Nature Center in Saukville and has taught yoga in Indonesia and Jamaica. Sam is grateful for all of the growth and opportunity that yoga has offered her and is appreciative for the chance to show everyone that yoga is for EVERY-body.

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