

Autumn 2023 Yoga Registration Form — One form per person please

Name _____
Address _____
City _____ State _____ ZIP _____
Phone _____
Email _____

Fall Yoga at Maywood

☐ **Fall Session #1: Wednesdays, September 6, 13, 27, and October 4** 5:15-6:15 pm
\$40 for the series if registered by August 23; \$48 after August 23
Registration deadline August 30
☐ **Fall Session #2: Wednesdays, November 1, 8, and 15** 5:15-6:15 pm
\$30 for the series if registered by October 11, \$36 after October 11
Registration deadline October 18
Register Online at: <https://www.ticketsignup.io/TicketEvent/MaywoodYogaFall2023>

iRest® Yoga Nidra Meditation

☐ **Mondays, September 25, October 30, November 13, and December 4** 5:15-6 pm
\$40 for the series; \$12/class drop-ins
Registration deadline September 18
Register Online at: <https://www.ticketsignup.io/TicketEvent/iRestYogaNidra>

Holiday Yoga at Maywood: Presence is the Present

☐ **Wednesday, December 6** 5:15-6:30 pm
Free to 2023 Maywood yoga or iRest participants; \$15 general public
Registration deadline November 22
Register Online: <https://www.ticketsignup.io/TicketEvent/HolidayYoga2023>

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 and payment to:
Maywood, Attn: Yoga, 3615 Mueller Road, Sheboygan, WI 53083

Autumn 2023 Yoga Classes at Maywood

Fall Yoga at Maywood

Fall Session #1: Wednesdays, September 6, 13, 27, and October 4 (Register by August 30)
5:15-6:15 pm
\$40 for the series if registered by August 23; \$48 after August 23

Fall Session #2: Wednesdays, November 1, 8, and 15 (Register by October 18)
5:15-6:15 pm
\$30 for the series if registered by October 11; \$36 after October 11

Continuing into the fall, Maywood’s series of yoga practices will be focused on exploration and connection to self, community, and nature. As weather allows, part of the practice will be outdoors for activities like walking meditation and mindful photography. Please bring a yoga mat, two blocks, a strap, a blanket, and a cell phone or other device for photos.

iRest® Yoga Nidra Meditation

Mondays, September 25, October 30, November 13, and December 4 (Register by September 18)
5:15-6 pm
\$40 for the series; \$12/class drop-ins as space allows
iRest is a meditation practice based on the ancient tradition of yoga nidra, adapted for the modern life. It can be practiced by anyone, regardless of physical ability or experience with meditation. When practiced regularly, iRest enables you to meet each moment of your life with peace and well-being. 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 is not necessary. To learn more about the benefits of iRest, please visit www.irest.org.

Holiday Yoga at Maywood: Presence is the Present

Wednesday, December 6 (Register by November 22)
5:15-6:30 pm
Free to 2023 Maywood yoga or iRest participants; \$15 general public
Allow yourself to be guided through a gentle yoga practice, primarily on the floor, followed by a yoga nidra meditation. Please bring a pillow, two blankets, eye covering (like a washcloth), strap, and two blocks. Being present is the present.

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 Level 2 teacher.

Class Cancellation Make-up Dates and 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 pre-registered using the email or phone number provided at registration.

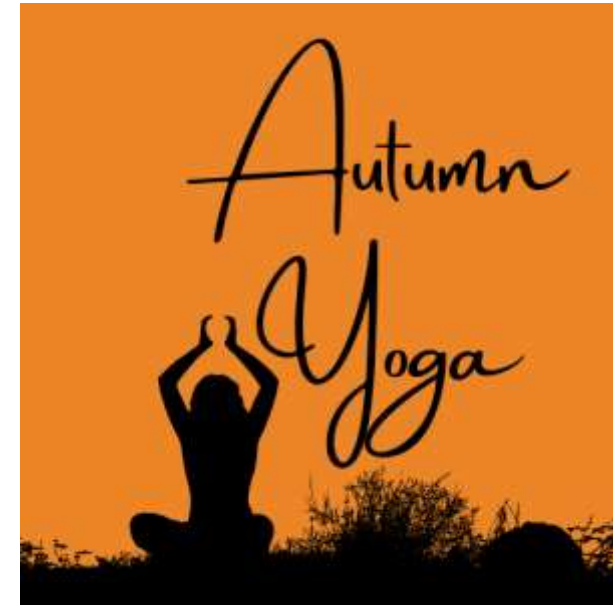
COVID Policy

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 recently been exposed to COVID-19 should follow current CDC guidelines and not attend programs until the recommended quarantine time has passed. Credit vouchers 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.

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



3615 Mueller Road, Sheboygan, WI 53083

(920) 459-3906

maywood@sheboyganwi.gov

www.GoMaywood.org

Scan QR Code to register online

