

Winter 2023 Yoga Registration Form — One form per person please

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

Winter Yoga at Maywood

Winter Session #1: Wednesdays, January 3, 10, 17 and 24 5:15-6:15 pm
\$40 for the series if registered by December 13; \$48 after December 13
Registration deadline December 20

Winter Session #2: Wednesdays, February 7, 14, 21 and 28 5:15-6:15 pm
\$40 for the series if registered by January 17; \$48 after January 17
Registration deadline January 24

Back to Basics Yoga and Meditation

Wednesdays, January 3 and 10 6:30-7:30 pm
\$20 if registered by 12/13/23; \$24 if registering after 12/13/23
Registration deadline: December 20, 2023

iRest® Yoga Nidra Meditation

Mondays, January 15 and February 26 5:15-6 pm
\$20 for the series; \$12/class drop-ins
Registration deadline January 8, 2024

Yoga Retreat at Maywood

Saturday, February 3 9am-4pm
\$115/Maywood member; \$135/General Public
Registration deadline January 8, 2024

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

Winter 2023 Yoga Classes at Maywood

Winter Yoga at Maywood

Winter Session #1: Wednesdays, January 3, 10, 17 and 24 (Register by December 20, 2023)
5:15-6:15 pm
\$40 for the series if registered by December 13; \$48 after December 13

Winter Session #2: Wednesdays, February 7, 14, 21 and 28 (Register by January 24, 2024)
5:15-6:15 pm
\$40 for the series if registered by January 17; \$48 after January 17

Continuing into the winter, Maywood's series of yoga practices will be focused on exploration and connection to self, community, and nature. Part of the practice will be outdoors for activities like snowshoeing or hiking and mindful photography. Please consider dressing for cool temperatures and winter weather. Participants should bring a yoga mat, two blocks, a strap, a blanket, and a cell phone or other device for photos.

Back to Basics Yoga and Meditation

Wednesdays, January 3 and 10 (Register by December 20, 2023)
6:30-7:30 pm
\$20 if registered by 12/13/23; \$24 if registering after 12/13/23

An invitation to return to your mat or to begin a yoga practice in the New Year. This two-part series will encourage establishing a routine of basic poses to support a home practice of yoga and meditation during the quiet of winter. Participants should bring a yoga mat, two blocks, a strap, and a blanket.

iRest® Yoga Nidra Meditation

Mondays, January 15 and February 26 (Register by January 8, 2024)
5:15-6 pm
\$20 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.

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Yoga Retreat at Maywood Park: Adventurous Hearts Cultivating Meaningful Connections

Saturday, February 3

9am-4pm

\$115/Maywood member; \$135/General Public

Immerse yourself in the beauty of winter at Maywood Park, focusing on exploration of connection to self, community, and nature. This retreat offers an opportunity to step away from the routine of daily life without having to commit to a whole weekend away from family. This practice of self-care will be supported by outdoor exploration (snowshoeing or hiking depending on conditions) and yoga and meditation practices (primarily indoors). No yoga or meditation experience is necessary.

Decaf coffee, tea, snacks, and a warm vegetarian lunch will be provided. Please plan to dress for the weather.

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.

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.



With instructor Barbara Holt



maywood

3615 Mueller Road, Sheboygan, WI 53083

(920) 459-3906

maywood@sheboyganwi.gov

www.GoMaywood.org

Scan QR Code for online registration links

