

Spring 2024 Yoga Registration Form — One form per person please

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

Spring Yoga at Maywood

Wednesdays, March 20 and 27, April 3, 10, 17, and 24 (5:30-6:30 pm)

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

Registration deadline: Monday, March 11

iRest® Yoga Nidra Meditation

Mondays, March 25, April 22, and May 20 (5:15-6 pm)

\$30 for the series; \$12/class drop-in as space allows

Registration deadline for series: Friday, March 15

Deepening Your Personal Practice

Wednesday, May 1 (5:30-6:45 pm)

\$12 if registered by April 3; \$15 if registering after April 3

Registration deadline: Wednesday, April 17

Yoga at Maywood – Yoga for Campers and Hikers

Wednesdays, May 22 (5:30-6:30 pm) and May 29 (5:30-7:30 pm)

\$30/person

Registration deadline: Wednesday, May 1

No drop-ins

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 this calendar year.

Return form and payment to:

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

Spring 2024 Yoga Classes at Maywood

Spring Yoga at Maywood

Wednesdays, March 20 and 27, April 3, 10, 17, and 24

5:30-6:30 pm

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

Registration deadline: Monday, March 11

Inspired by the lengthening days of spring, 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 hiking, meditation, and mindful photography. Please consider dressing for the weather. Participants should bring a yoga mat, two blocks, a strap, a blanket, and a cell phone or other device for photos.

iRest® Yoga Nidra Meditation

Mondays, March 25, April 22, and May 20

5:15-6 pm

\$30 for the series; \$12/class drop-in as space allows

Pre-registration required, drop-ins allowed after minimum registration has been met

Registration deadline for series: Friday, March 15

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.

Deepening Your Personal Practice

Wednesday, May 1

5:30-6:45 pm

\$12 if registered by April 3; \$15 if registering after April 3

Registration deadline: Wednesday, April 17

This workshop will provide support for establishing and maintaining a home practice of yoga and meditation. Participants should bring a yoga mat, two blocks, a strap, and a blanket.

More classes on next page...

Yoga at Maywood – Yoga for Campers and Hikers

Wednesdays, May 22 5:30-6:30 pm and May 29 5:30-7:30 pm

\$30/person

Registration deadline: Wednesday, May 1

No drop-ins

Yoga, camping, and hiking all complement each other. Join Barbara Holt (RYT-200) for a series of classes intended for participants who already hike and camp. Learn how to pair a yoga practice with your love of the outdoors. Classes will include a hike at Maywood while incorporating yoga, both into the hike and after the hike (indoors). The second class will include a campfire meal of vegetarian pudgie pies and dessert pudgie pies. Participants should be able to hike over varied terrain for at least 30 minutes. Please bring a yoga mat and a blanket.

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



3615 Mueller Road, Sheboygan, WI 53083

(920) 459-3906

maywood@sheboyganwi.gov

www.GoMaywood.org

Scan QR Code for online registration links

