

**Summer 2024 Yoga Registration Form — One form per person please**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_

**Yoga for Cyclists** : Wednesday, June 5, 5:30-6:45pm  
\$12 if registered by May 8; \$15 after May 8 (Registration deadline May 15)  
Team Maywood Participant Rate: \$10

**Yoga in the Woods**: Wednesdays June 12 and 19, 5:30-6:30pm  
\$20 if registered by May 8; \$24 after May 8; Registration deadline May 15

**Yoga at the Pond** : Wednesdays, July 17 and 24, 5:30-6:30pm  
\$20 if registered by June 20; \$24 after June 20 (Registration deadline June 26)

**Yoga in the Prairie** : Wednesdays, August 7 and 14, 5:30-6:30pm  
\$20 if registered by July 1; \$24 after July 1 (Registration deadline July 10)

**iRest® Yoga Nidra Meditation**: Mondays, June 24, July 29, Aug. 19, and Sept. 23, 5:30-6:15pm  
Free series for Maywood members; \$40 for the series for general public  
\$12/class drop-in as space allows (Registration deadline for series: Monday, June 10)

**Yoga for Runners** : Wednesday, July 31, 5:30-6:45pm  
\$12 if registered by July 1; \$15 if registering after July 1 (Registration deadline July 10)  
Team Maywood Participant Rate: \$10

**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

**Summer 2024 Yoga Classes at Maywood**

**Yoga for Cyclists**  
**Wednesday, June 5, 5:30-6:45pm**  
**\$12 if registered by May 8; \$15 after May 8; Registration deadline May 15**  
**Team Maywood Participant Rate: \$10**

This workshop taught by Barbara Holt (RYT-200) will concentrate on offering cyclists routines for building strength, flexibility, balance, and focus by working the body and mind. Cyclists and those who are interested in practicing yoga in a nature setting are invited to join. Class may be held outside if weather permits. A yoga mat, blanket, and strap or necktie are required.

**Summer Outdoor Yoga at Maywood Series**  
Maywood's series of summer practices is focused on exploration and connection to self, community, and nature. Please bring a yoga mat, two blocks, a strap, and a blanket. In case of inclement weather, session will be held indoors. Participants may wish to bring insect repellent and sunscreen.

**Yoga in the Woods**  
**Wednesdays June 12 and 19, 5:30-6:30pm**  
**\$20 if registered by May 8; \$24 after May 8; Registration deadline May 15**  
Our first session will focus on time in Maywood's forest areas.

**Yoga at the Pond**  
**Wednesdays, July 17 and 24, 5:30-6:30pm**  
**\$20 if registered by June 20; \$24 after June 20**  
**Registration deadline June 26**  
Our July session will focus on time at Maywood's pond areas.

**Yoga in the Prairie**  
**Wednesdays, August 7 and 14, 5:30-6:30pm**  
**\$20 if registered by July 1; \$24 after July 1; Registration deadline July 10**  
Our August session will focus on time at Maywood's prairie.

**iRest® Yoga Nidra Meditation**  
**Mondays, June 24, July 29, August 19, and September 23, 5:30-6:15pm**  
**Free series for Maywood members; \$40 for the series for general public**  
**\$12/class drop-in as space allows**

Registration deadline for series: Monday, June 10  
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](http://www.irest.org).

### **Yoga for Runners**

**Wednesday, July 31, 5:30-6:45pm**

**\$12 if registered by July 1; \$15 if registering after July 1; Registration deadline July 10**

**Team Maywood Participant Rate: \$10**

**Registration Deadline July 10**

This workshop taught by Barbara Holt (RYT-200) will concentrate on offering runners routines for building strength, flexibility, balance, and focus by working the body and mind. Runners, cyclists, and those who are interested in practicing yoga in a nature setting are invited to join. Class may be held outside if weather permits. A yoga mat, blanket, and strap or necktie should be brought to each class.

### **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.

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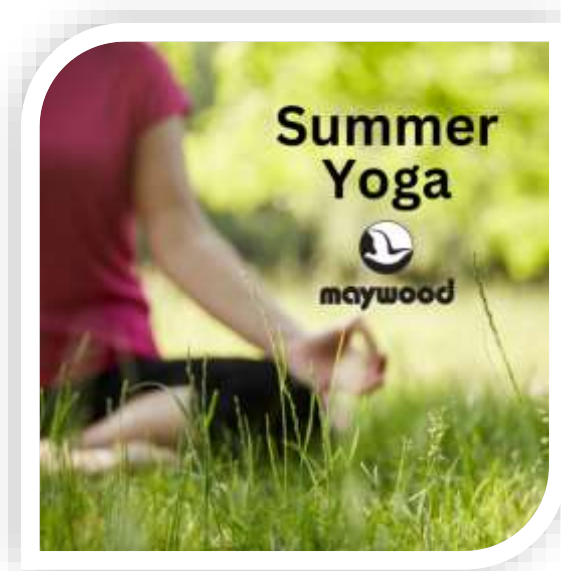
### **Class Cancellation Make-up Dates and Refunds**

In the event of class cancellation, 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](http://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.



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**With instructor Barbara Holt**



**3615 Mueller Road, Sheboygan, WI 53083**

**(920) 459-3906**

**[maywood@sheboyganwi.gov](mailto:maywood@sheboyganwi.gov)**

**[www.GoMaywood.org](http://www.GoMaywood.org)**

Scan QR Code for online registration links

