

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

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

**Fall Yoga at Maywood – September Session**

Wednesdays, September 4, 11 and 25: 5:30-6:30pm

\$30 if registered by August 16; \$36 if registering after August 16

Registration Deadline: August 28

**Fall Yoga at Maywood – October Session**

Wednesdays, October 9, 16, 23 and 30: 5:30-6:30pm

\$40 if registered by September 18; \$48 if registering after September 18

Registration Deadline: October 2

**Fall Yoga at Maywood – November Session**

Wednesdays, November 6, 13 and 20: 5:30-6:30pm

\$30 if registered by October 16; \$48 if registering after October 16

Registration Deadline: October 30

**iRest® Yoga Nidra Meditation**

Mondays, October 28 and November 18 :5:30-6:15pm

\$20 for the series; \$12 drop-in rate

Registration deadline for series: October 14

**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

**Fall 2024 Yoga Classes at Maywood**

**Fall Yoga at Maywood – September Session**

Wednesdays, September 4, 11 and 25

5:30-6:30pm

\$30 if registered by August 16; \$36 if registering after August 16

Registration Deadline: August 28

Unwinding from Summer: As we transition from one season to another, we'll slow down our practice to include longer holds poses focused on feeling grounded. Part of the practice will be outdoors for activities like hiking, meditation, and mindful photography. Please consider dressing for the weather.

**Fall Yoga at Maywood – October Session**

Wednesdays, October 9, 16, 23 and 30

5:30-6:30pm

\$40 if registered by September 18; \$48 if registering after September 18

Registration Deadline: October 2

Welcoming Fall: Some say fall is the most stunning season to observe. We'll continue to explore the park through hiking, meditation, and mindful photography. Our practice through this season will incorporate slow, rhythmic movements to promote feeling calm, stable, and warm. Please consider dressing for the weather.

**Fall Yoga at Maywood – November Session**

Wednesdays, November 6, 13 and 20

5:30-6:30pm

\$30 if registered by October 16; \$48 if registering after October 16

Registration Deadline: October 30

Gathering Inward: As cool weather arrives, our exploration of the park may be more brief with mindful outdoor activities. Our practice will prepare our bodies for meditation and finding stillness. Please consider dressing for the weather.

**More classes on the next page....**

### **iRest® Yoga Nidra Meditation**

**Mondays, October 28 and November 18**

**5:30-6:15pm**

**\$20 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: October 14

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. To learn more about the benefits of iRest, please visit [www.irest.org](http://www.irest.org).

### **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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### **What to Bring to Class**

**Yoga at Maywood Classes:** Participants should bring a yoga mat, two blocks, a strap, a blanket, and a cell phone or other device for photos.

**iRest Yoga Nidra Classes:** Bringing a yoga mat, blanket, towel or small pillow, and eye covering could make the experience more enjoyable but is not necessary.

### **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) and on our Facebook page. 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](mailto:maywood@sheboyganwi.gov)**

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

Scan QR Code for online registration links

