

Winter 2025 Yoga Registration Form — One form per person please

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

Winter Yoga at Maywood: January Session

Wednesdays, January 8, 15, 22, and 29

5:30-6:30 pm

Early bird registration fee: \$40 by Wednesday, December 11, 2024; \$48 after December 11

Registration deadline Wednesday, December 18, 2024

Winter Yoga at Maywood: February Session

Wednesdays, February 5, 12, 19, and 26

5:30-6:30 pm

Early bird registration fee: \$40 by Friday, January 17, 2025; \$48 after January 17

Registration deadline Friday, January 24, 2025

iRest® Meditation: Free community class on Martin Luther King Day

Monday, January 20

5:30-6:30 pm

Free community class

Pre-registration preferred

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 during the calendar year.

Return form and payment to:

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

Winter 2025 Yoga Classes at Maywood

Winter Yoga at Maywood: January Session

Wednesdays, January 8, 15, 22, and 29

5:30-6:30 pm

Early bird registration fee: \$40 by Wed., December 11, 2024; \$48 after December 11

Registration deadline Wednesday, December 18, 2024

A full-body practice incorporating mindfulness activities in nature. The practice will be inspired by poses of animals and earth using the book *Myths of the Asanas: The Stories at the Heart of the Yoga Tradition* (Kaivalya and van der Kooij). (No purchase of the reference book is necessary.)

Winter Yoga at Maywood: February Session

Wednesdays, February 5, 12, 19, and 26

5:30-6:30 pm

Early bird registration fee: \$40 by Friday, January 17, 2025; \$48 after January 17

Registration deadline Friday, January 24, 2025

A practice with exploration of the park in winter. The practice will be enhanced by incorporating mudras, yoga of the hands. The final week of the session will include a shorter, gentle yoga practice followed by an iRest® meditation.

iRest® Meditation: Free community class on Martin Luther King Day

Monday, January 20

5:30-6:30 pm

Pre-registration preferred

iRest is a meditation practice that supports health and healing, allowing one to meet each moment of 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.

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.

What to Bring to Class

Yoga at Maywood Classes: Participants should bring a yoga mat, two blocks, a strap, and a blanket. An eye covering such as a small towel may make the meditation time during the final February class more enjoyable, but is not required.

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 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



maywood

3615 Mueller Road, Sheboygan, WI 53083

(920) 459-3906

maywood@sheboyganwi.gov

www.GoMaywood.org

Scan QR Code for online registration links

