

Spring 2026 Yoga Registration Form — One form per person please

Name _____

Address _____

City _____ **State** _____ **ZIP** _____

Phone _____

Email _____

iRest Yoga Nidra: March 2 and 9

5:30-6:45 pm

\$20 if registered by February 16; \$30 after February 16

Registration Deadline: February 23

Yoga at Maywood: March 25, April 1, 8, 15, 22, 29 and May 6

5:30-6:30 pm

\$70 if registered by March 9; \$105 after March 9

Registration Deadline: March 16

iRest Yoga Nidra: May 20

5:30-6:30 pm

\$10 if registered by May 13; \$15 after May 13

Drop-in participants welcomed

Yoga for Paddlers: May 27

5:30-7 pm

\$15 if registered by May 11; \$20 after May 11

Registration Deadline: May 18

Amount Enclosed \$ _____

Cash or check payable to Maywood

Participants will be asked to sign a waiver at the first class they attend during the calendar year.

Return form and payment to:

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

Spring 2026 Yoga Classes at Maywood

iRest® Yoga Nidra Sessions

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.

Mondays, March 2 and 9

5:30-6:45 pm

\$20 if registered by February 16; \$30 after February 16

Registration deadline: February 23

Wednesday, May 20

5:30-6:30 pm

\$10 if registered by May 13; \$15 after May 13

Drop-in participants welcome

Spring Yoga at Maywood

Wednesdays, March 25, April 1, 8, 15, 22, 29 and May 6

5:30-6:30 pm

\$70 if registered by March 9; \$105 after March 9

Drop-ins as space permits: \$15/class after minimum number of participants is met

Registration deadline: March 16

As the park awakens, spend time at Maywood immersed in a spring yoga series consisting of mindful movement, breath awareness, physical postures, and guided meditation. A portion of each class will be held outdoors as weather permits. Please consider dressing for the weather. Participants should bring a yoga mat, 2 blocks, and a strap.

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

Yoga for Paddlers

Wednesday, May 27

5:30-7 pm

\$15 if registered by May 11; \$20 after May 11

Registration deadline: May 18

Yoga is a resource that is often overlooked by kayakers, canoeists, and stand-up paddlers. This workshop will include breath awareness and yoga postures that can be beneficial for paddlers, tips for establishing a home practice, and sample yoga sequences. Please bring a yoga mat and a blanket.

About the Instructor

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. She also enjoys sea kayaking excursions with friends.

What to Bring to Class

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

Yoga at Maywood: Participants should bring a yoga mat, 2 blocks, and a strap. Please consider dressing for the weather for the mindful outdoor movement.

Yoga for Paddlers: Participants should bring a yoga mat and a blanket.

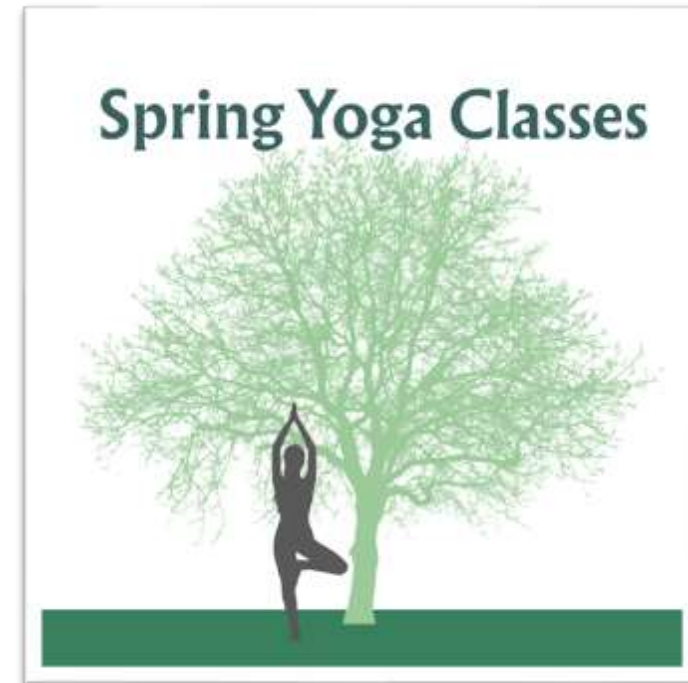
Class Cancellation Make-up Dates and Refunds

In the event of class cancellation, a make-up date will be set by the instructor. 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

