

Summer 2026 Yoga Registration Form — One form per person please

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

iRest and Gentle Yoga *(please check dates attending)*

- June 8** **July 13** **August 24**

5:30-6:30 pm

\$30 for all three classes or \$15/class for single class registration

Free to Maywood Association Members

Registration Deadline: May 18

Yoga in the Woods: June 9 and 16:

5:30-6:30 pm

\$20

Registration Deadline: May 26

Yoga at the Ponds: July 7 and 14:

5:30-6:30 pm

\$20

Registration Deadline: June 23

Yoga in the Prairie & Campfire Meal: August 25

5:30-7:15 pm

\$25

Registration Deadline: August 10

Become a Maywood Association Member (\$30/household for yearly membership)

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

Summer 2026 Yoga Classes at Maywood

iRest® and Gentle Yoga

Mondays, June 8, July 13, and August 24

5:30-6:30 pm

\$30 for all 3 sessions or \$15 per session

Free to Maywood members but registration is required

Registration deadline: May 18

These classes will include an iRest meditation practice that will begin with gentle yoga each session. 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.

Yoga in the Woods

Tuesdays, June 9 and 16

5:30-6:30 pm

Cost: \$20

Registration deadline: May 26

Drop ins allowed (\$15) if a minimum registration of 5 is met

Min/Max: 5/15

The first classes of our summer yoga series will focus on time in Maywood's forest areas. Maywood's series of summer practices is focused on exploration of the park and connection to self, community, and nature.

Yoga at the Ponds

Tuesdays, July 7 and 14

5:30-6:30 pm

Cost: \$20

Registration deadline: June 23

Drop ins allowed (\$15) if a minimum registration is met

The July Summer Yoga at Maywood classes will focus on time at Maywood's pond areas. Maywood's series of summer practices is focused on exploration of the park and connection to self, community, and nature.

Additional classes listed on next page

Yoga in the Prairie & Campfire Meal

Tuesday, August 25

5:30-7:15 pm

Cost: \$25

No Drop-ins, please.

Registration by August 10 required.

Rain date: September 8

Our August Yoga at Maywood session will focus on time in Maywood's prairie. It will include a campfire with vegetarian and dessert pudgie pies. Maywood's series of summer practices is focused on exploration of the park and connection to self, community, and nature. In case of inclement weather, session will be held on September 8.

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.

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.

Outdoor Yoga Classes: Yoga mat and blanket. Sunscreen and insect repellent (optional).

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

