**Yoga with Betty and Friends**

Time: 7:30 – 9:00 pm

Dates **January 6 – March 23, 2020**

Where: **Randallstown**, Maryland. 21133

Cost: **$156.00** for a 12 week session when the entire session is paid by the last day of class, December 23, 2019 (date of Holiday party).

Students that pay for the session **after last day of current session, December 23rd, pay full price of** $168.00 ($14.00 per class). **Seniors** (65+) receive a 10% discount and pay $152.00 when paid by last day of current session. **No discount after last day of current session**. **Drop-ins** pay $17.00 per class**.**

**IMPORTANT**: Classes missed may be made up **during** the current session. There is **NO monetary reimbursement** (partial or otherwise) for classes not attended.

**Class Description: Monday night Yoga is a second level class designed for experienced students. An Experienced student is one who has completed a 1st level yoga class at least once. This second level class presents more advanced standing poses than those taught in the 1st level class as well as twists, inversions and restorative poses. Pranayama (breath work) as well as supine and seated meditation is also introduced.**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Telephone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City: \_\_\_\_\_\_\_\_\_\_\_\_\_

 State:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-Mail Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Physical Restrictions: \_\_\_\_\_\_\_\_\_\_\_\_\_

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I hereby release indemnify, and hold harmless Betty Lewis and any and all persons and organizations in connection with these classes, workshops, or retreats, in any way from any and all claims, demands, personal or emotional injuries, costs or expenses (including attorney’s fees) Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_