



Winter 2012 Schedule

13-Week Session – Sunday, 1/1/2012 – Saturday, 3/31/2012



FREE WEEK – Sunday, 4/1/2012 – Saturday, 4/7/2012

Class Day	Time of Class	Name of Class Visit the Website for Class Descriptions	Teacher	Check If Registering
Sunday	11:00 am – 12:30 pm	Hatha Yoga Fundamentals	Sarah	<input type="checkbox"/>
Monday	9:30 – 11:00 am	Intermediate Anusara Yoga	Sharon	<input type="checkbox"/>
	6:00 – 7:30 pm	Advanced Beginner/Intermediate Hatha	Sarah	<input type="checkbox"/>
Tuesday	9:30 – 11:00 am	Beginning Anusara Yoga	Sharon	<input type="checkbox"/>
	6:30 – 8:00 pm	Mixed Level Hatha Yoga	Anita	<input type="checkbox"/>
Wednesday	9:30 – 11:00 am	Gentle/Therapeutic Anusara Yoga	Sharon	<input type="checkbox"/>
	7:00 – 8:15 pm	Yoga for Men	Manny	<input type="checkbox"/>
Thursday	7:30 – 8:45 am	Warm Vinyasa Flow	Sarah	<input type="checkbox"/>
	9:30 – 10:45 am	Continuing Beginner's Hatha	Mary	<input type="checkbox"/>
	7:00 – 8:30 pm	Beginners Hatha Yoga	Abby	<input type="checkbox"/>
Friday	9:00 – 10:30 am	Qigong	Dainis	<input type="checkbox"/>
Saturday	9:30 – 11:00 am	Intermediate Anusara Yoga	Sharon	<input type="checkbox"/>

Registering Student Information (Please fill out even if you have registered at Inner Reaches previously) Today's Date

Name _____ Date of Birth _____

Street Address _____ E-mail _____

City _____ State _____ Zip _____

Home Phone () _____ Cell Phone () _____



Number of Classes	Early Bird Special By 12/31/2011	1/1/2012 or Later	15% Senior Discount
1 class per week	\$210.60	\$234.00	\$198.90
2 classes per week	\$409.50	\$455.00	\$386.75
Unlimited classes	\$596.70	\$663.00	\$563.55
Unlimited for One Year		\$1,200.00	
Please Indicate Amount Enclosed with Registration (Cash/Check)			\$
Drop-In Rate - \$20 per Class - Please feel free to drop in to any class!			

To make up a missed class, attend any other class that suits your schedule within the Winter session.
Pro-rated fees will apply to students who register after a session begins.
Credit Cards accepted online at www.innerreaches.com.

Discounts cannot be combined
Class size is limited to 20 students.
We will accept new students into classes on a first come/first served basis.
See InnerReaches.com for our make-up policy.

Teachers Please Fill In:

Check No. _____ Date Received _____ Amount \$ _____



Checks can be made out to "**Inner Reaches**" and mailed to:
Inner Reaches
257 Market Street West
Gaithersburg, Maryland 20878

Release and Waiver of Liability – In any physical activity, risk of serious physical injury is possible. Yoga is no substitute for medical diagnosis and treatment. Yoga practice and/or specific poses are not recommended for individuals with certain conditions (e.g., cardiac illness, later stages of pregnancy, post-surgery). The student assumes the risk of Yoga practice and releases the teacher(s) and Inner Reaches Yoga & Health from any liability claims.

I, _____, am participating in Yoga classes, or workshops, at Inner Reaches Yoga & Health. I am aware of the physical risks involved with strenuous exercise and understand it is my personal responsibility to consult with my Doctor regarding my participation. I have no medical condition, which would prevent me from taking part in Yoga classes or workshops, and I assume responsibility for any risk or injury I may sustain as a result of my participation. I have read the above release and waiver of liability and understand its contents. I agree to the terms and conditions above.



Signature _____ Date _____

