



# Fall 2011 Schedule



**10-Week Session – Sunday, 9/11/11 – Saturday, 11/19/11**

**FREE WEEK – Tuesday, 9/6/11 – Saturday, 9/10/11**

Class Day	Time of Class	Name of Class <small>Visit the Website for Class Descriptions</small>	Teacher	Check If Registering
Sunday	11:00 am – 12:30	Hatha Yoga Fundamentals	Dee & Manny	<input type="checkbox"/>
Monday	9:30 – 11:00 am	Mixed Level Anusara Yoga	Sharon	<input type="checkbox"/>
	6:00 – 7:30 pm	Beginners Hatha Yoga	Dee	<input type="checkbox"/>
Tuesday	9:00 – 10:15 am	Mixed Level Joyful Vinyasa	Keko	<input type="checkbox"/>
	6:30 – 8:00 pm	Mixed Level Hatha Yoga	Anita	<input type="checkbox"/>
Wednesday	9:30 – 11:00 am	Gentle Morning Yoga	Dee	<input type="checkbox"/>
Thursday	7:30 – 8:45 am	Warm Vinyasa Flow	Natasha	<input type="checkbox"/>
	9:30 – 10:45 am	Continuing Beginner's Hatha	Mary	<input type="checkbox"/>
	6:00 – 7:15 pm	Exploring Sun Salutations	Abby	<input type="checkbox"/>
	7:30 – 9:00 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 9/10/11	9/11/11 or Later	15% Senior Discount
1 class per week	\$180.00	\$200.00	\$170.00
2 classes per week	\$342.00	\$380.00	\$323.00
Unlimited classes	\$486.00	\$540.00	\$459.00
<b>Please Indicate Amount Enclosed with Registration (Cash/Check)</b>			<b>\$</b>

**Drop-In Rate - \$20 per Class - Please feel free to drop in to any class!**

<p>To make up a missed class, attend any other class that suits your schedule within the Fall session. Pro-rated fees will apply to students who register after a session begins. Credit Cards accepted online at <a href="http://www.innerreaches.com">www.innerreaches.com</a>.</p>	<p>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 <a href="http://InnerReaches.com">InnerReaches.com</a> for our make-up policy.</p>
<p><b>Teachers Please Fill In:</b></p> <p>Check No. _____ Date Received _____ Amount \$ _____</p>	<p>Checks can be made out to "<b>Inner Reaches</b>" and mailed to: <b>Inner Reaches</b> 257 Market Street West Gaithersburg, Maryland 20878</p>

**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 \_\_\_\_\_

