

# KAT ABRAMS, RYT PRESENTS KRIPALU YOGA @ THE EGG THEATRE!

## LUNCHTIME KRIPALU YOGA, DEEP STRETCH & DEEP RELAX

W/ KRIPALU CERTIFIED YOGA & MEDITATION TEACHER KAT ABRAMS, RYT

TUESDAYS, WEDNESDAYS & FRIDAYS 12:15 ~ 1PM

FRI. SEPTEMBER 8 – FRI. OCTOBER 27, 2017

\*To get your spot, mail this registration form & your tuition check payable to: “Kat Abrams, RYT”

Mail to: Kat Abrams, P.O. Box 44, Albany, NY 12201

**\*\*Or Register in person with this reg. form w/ Kat in her classes @ The Egg. ☺**

Student Name:	Agency / Business / Retired
Work / Cell Phone:	E-Mail Address(es) (write legibly please)
<b>*For INFO please Call Kat @ 518-233-1717 Email: <a href="mailto:Katyoga@hotmail.com">Katyoga@hotmail.com</a></b>	
<b>Read more below! LUNCHTIME KRIPALU YOGA SCHEDULE, INFO &amp; FEES</b>	
Kat Abrams, RYT guides 3 weekly <u>Kripalu Yoga, Deep Relaxation, Meditation &amp; Yoga philosophy classes</u> meeting in the spacious Hart Lounge in The Egg Theatre @ The Empire State Plaza.	
<b>*Students are welcome to register for and attend <u>any 1, 2 or all 3 classes weekly.</u></b>	
<b><u>Important notes-</u></b> All of Kat’s classes are EZ to follow & <u>non-competitive</u> , accentuating safety, mindfulness, non judgment & respect. Kat’s classes are a safe calming retreat experience for students. <i>Yoga practices meet you where you are!</i> Kat’s “Gentle/ Moderate Kripalu Yoga” explores movement & posture sequences as you discover your pain-free range of motion. Relieve back/ bodily pain & increase your overall flexibility, focus & chronic stress patterns!	
<b><u>More Info</u></b> * As part of your enrollment in Kat’s Yoga program you will receive individual support & inspirational emails to keep you on a healthy track & augment your studies re: the philosophies, science & practices of Kripalu Yoga. 5 restrooms available for changing your attire before class. Lights are low & the space is very private & quiet for your calm lunchtime retreat and relaxation. Bring a yoga mat for class.	
<b><u>PLEASE CHECK ONE to enroll &amp; participate:</u></b>	
I enclose \$125 to enroll for inspiring writings and to attend <u>any 1</u> Yoga class each week _____	
I enclose \$165 to enroll for inspiring writings & will attend <u>any 2</u> Yoga classes weekly _____	
I enclose \$185 to enroll for inspiring writings & will attend <u>all</u> Yoga classes this session _____	
<b><u>Use other page if needed.</u></b> Please honestly disclose <u>any health challenges</u> . List ALL physical pain & challenges, chronic conditions, recent surgeries or injuries and prescription or “over the counter” drugs you are currently taking, etc. <i>Thank you.</i>	

### Assumption of Risk as I enroll Please read and sign below

I understand that “Kat Abrams Kripalu Yoga” is presented with an emphasis on safety. I understand this course will be a non-competitive practice & *promise* herein to practice mindful stretching and to avoid forcing my body in the Yoga classes. I am physically able to proceed with this Yoga & Stretching program and enroll voluntarily. With this registration form I am informing Kat Abrams, RYT of all physical limitations and/or health concerns, for which I accept sole responsibility. Additionally, I hold harmless Kathleen (Kat) Abrams, RYT, and The Egg, its officers, agents and employees, and the people of New York, its officers, agents and employees for any liability for any personal injuries or loss of my personal property or third party claims by reason of participation in this program. I waive rights to claims for any damages / injuries against Kat Abrams, RYT and the officers, agents and employees of The Egg. I understand the course fee is inclusive and *no credit / refunds* will be given for classes I do not attend. I understand it is my sole responsibility to attend any *rescheduled* classes, if any arise. I have written my e-mail address legibly here so I may be notified of any schedule changes. In signing I acknowledge I have read, understand and agree to the terms detailed here, in this “Assumption of Risk” Waiver. Please note~ There will be no Yoga classes on Fri. Sept. 22 & Tues. Sept. 26<sup>th</sup>.

Signature \_\_\_\_\_ Date \_\_\_\_\_