

# SPRING 2019 - LUNCHTIME KRIPALU YOGA @ THE EGG THEATER

## "GENTLE / MODERATE KRIPALU YOGA FLOW, DEEP STRETCH & RELAX"

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

**MONDAYS, WEDNESDAYS & FRIDAYS @ 12:15 ~ 1PM**

**9 WEEK SESSION ~ FRIDAY MAY 3<sup>RD</sup> - WEDNESDAY JUNE 26<sup>TH</sup> 2019**

\*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 in Kat's lunchtime 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: Katyoga@hotmail.com</b>	
<b>LUNCHTIME YOGA ~ More INFO, Schedule &amp; Tuition Fees</b>	
Kat Abrams, RYT guides THREE Kripalu Yoga classes to choose from each week, meeting in the convenient, spacious & private Hart Lounge in The Egg Theater @ The Empire State Plaza. <b>*Students are welcome to register for &amp; attend any 1, 2 or all 3 classes weekly.</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 exercise & retreat experience for all students. Kat's "Gentle/ Moderate Kripalu Yoga Flow" classes explore movement flows & posture sequences to help you discover your pain-free range of motion. Relieve low-back and overall body pain & increase your overall flexibility, vitality, focus & mental calm as well! Learn how to Breathe deeply again! Learn to relax. Be happier in life!	
<b>More Info</b> * As part of your enrollment in Kat's Kripalu Yoga program you will receive <i>individual support &amp; inspiring emails to keep you on a healthy track &amp; augment your studies re: the philosophies, Science &amp; practices of Kripalu Yoga.</i> Lights are low & the space is very private & quiet for your calm Yoga retreat. Five restrooms in The Hart Lounge for easily changing attire before class. <u>Please bring your own Yoga mat.</u>	
<b>PLEASE CHECK ONE to enroll &amp; participate:</b>	
I enclose \$130 to enroll for inspiring writings & to attend <u>any 1 Yoga class</u> of my choice each week _____	
I enclose \$168 to enroll for inspiring writings & will attend <u>any 2 Yoga classes</u> weekly _____	
I enclose \$188 to enroll for inspiring writings & will attend <u>all 22 Kripalu Yoga classes</u> this session _____	
<u>Use other page if needed.</u> Please disclose ALL physical pain & challenges, chronic conditions, recent surgeries or injuries & prescription or "over the counter" drugs you are currently taking, etc. <i>Thank you.</i>	

### Agreement to Enroll & Assumption of Risk ~ Please read and sign below

I understand that "Kat Abrams Kripalu Yoga" is presented with an emphasis on safety & mindfulness. I understand this course will be a non-competitive practice & *promise* herein to practice mindful stretching & to avoid forcing my body in these Kripalu Yoga classes. I am physically able to proceed with this Yoga & Stretching program & 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 tuition fee is inclusive & *no* 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 "Agreement to Enroll and Assumption of Risk" Waiver. Note~ No classes: Memorial Day 5/27 & Mon. 6/10/19.

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