

LIFE CHANGING KRIPALU YOGA @ THE EGG THEATRE!

LUNCHTIME KRIPALU YOGA, DEEP STRETCH & DEEP RELAXATION

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

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

WEDNESDAY SEPTEMBER 4 – FRIDAY OCTOBER 25, 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 w/ Kat in her classes @ The Egg. 😊**

Student Name: _____ Agency / Business / Retired _____

Work / Cell Phone: _____ E-Mail Address(es) (write legibly please) _____

***For INFO please call Kat @ 518-233-1717 Email: Katyoga@hotmail.com**

Eight week session ~ LUNCHTIME KRIPALU YOGA SCHEDULE, INFO & FEES

Kat Abrams, RYT guides 3 weekly Kripalu Yoga, Deep Relaxation, Meditation & Yoga philosophy classes meeting in the spacious Hart Lounge in The Egg Theatre @ The Empire State Plaza.

***Students are welcome to register to attend any 1, 2 or all 3 classes weekly.**

Important notes~ All of Kat's classes are EZ to follow & non-competitive, accentuating safety, mindfulness, non judgment & respect. Kat's classes are a safe calming retreat experience for students. “Gentle/ Moderate Kripalu Yoga” explores flowing posture sequences to discover your pain-free range of motion. Relieve back & bodily pain & increase your energy & overall flexibility, focus & steadiness.

Learn how to Breathe deeply again! Relieve chronic stress patterns! **More Info:** There are 5 restrooms available for changing your attire before class. Lights are low & the space is very private & quiet for your lunchtime Yoga retreat & relaxation. Bring a Yoga mat. *** As part of your enrollment in Kat's Kripalu Yoga program you will receive inspirational emails from Kat to keep you on a healthy track & augment your studies re: the philosophies, science & practices of Kripalu Yoga.**

***PLEASE CHECK ONE to enroll & participate:**

I enclose \$135 to enroll for inspiring writings & to attend any 1 Yoga class each week _____

I enclose \$168 to enroll for inspiring writings & will attend any 2 Yoga classes weekly _____

I enclose \$188 to enroll for inspiring writings & will attend all 21 Lunchtime Yoga classes _____

Use other page if needed. Please honestly disclose any health challenges. List ALL physical pain & challenges, chronic conditions, recent surgeries or injuries and prescription or “over the counter” drugs you are currently taking, etc. *Thank you.*

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. 27th & Mon. Oct. 14th - Columbus Day.

Signature _____ Date _____