

KRIPALU YOGA, STRETCHING & DEEP RELAXATION @ THE EGG !

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

MON, WED. & FRI. @ 12:15 ~1PM MON. SEPT. 13TH - FRI. OCT. 29, 2021

RSVP for your spot via email: KatYoga@hotmail.com.

To register print this reg. form & mail w/ tuition check payable to "Kat Abrams, RYT"

To: Kat Abrams, P.O. Box 44, Albany, NY 12201 For INFO call Kat ~ 518-233-1717

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| Student Name: | Agency / Business / Retired |
| Work or Cell Phone: | |
| E-Mail Address: (write legibly please) | |
| LUNCHTIME KRIPALU YOGA SCHEDULE, INFO & FEES | |
| <p>Kat Abrams, RYT guides 3 weekly "mixed levels" Kripalu Yoga, Deep Relaxation, Mindful Stretching & Deep Relaxation classes on M/W/F @ <u>12:15 -1pm</u>, meeting in the spacious <u>Hart Lounge</u> (4th floor of The Egg) @ The Empire State Plaza in Albany, NY.</p> <p>All experience levels WELCOME! Register to attend <u>any</u> 1, 2 or all 3 classes weekly.</p> <p>Important notes ~ All of Kat's classes are <u>EZ to follow</u> & judgment free. Lights will be low & the space will be private & quiet. In each class enjoy energizing & limbering warm-ups, strengthening / grounding & toning yoga postures, full body stretches, "Yoga for a Better Back" practices. Kat weaves in Yogic focus / meditation & "deep relaxation" practices as well. Classes accentuate safety, mindfulness, non judgment & respect. Enjoy Kat's creative & inspiring Yoga Teaching, plus a kind & friendly Yoga community! <u>Kat skillfully teaches with great sensitivity to each student's health aims in heart & mind.</u> Classes are uplifting & supportive "retreats" for <i>all</i> students. *Wear comfy "EZ to move in" clothing. (Four restrooms available for changing attire.) Bring your own Yoga mat.</p> <p>Info Re: COVID Safety Protocols ~Masks are <i>required</i> to enter The Egg elevators, restrooms & The Hart. We will practice safe <u>social distancing</u> & masks may be removed as needed in classes. *PLEASE CHECK ONE to Enroll:</p> <p>I enclose \$125 to enroll in this Yoga program for any <u>1</u> Yoga class each week _____</p> <p>I enclose \$160 to enroll in Kat's Yoga program & will attend any <u>2</u> Yoga classes weekly _____</p> <p>I enclose \$175 to enroll in this Yoga program & will attend <u>all</u> lunchtime classes this session _____</p> <p>Use other page if needed. Please disclose herein <u>any recent health challenges or physical limitations.</u> List all chronic conditions, recent injuries or surgeries & prescription or "over the counter" drugs you are currently taking, etc.</p> | |

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

I understand that "Kat Abrams Kripalu Yoga" @ The Egg is presented with an emphasis on safety, non- competition & mindfulness. I *promise* herein to practice mindful stretching and to avoid forcing my body in these Lunchtime Yoga classes. Also, I am participating voluntarily in this Yoga & Stretching program & am physically able to proceed with this Yoga & Stretching program. With this registration form I am informing Kat Abrams, RYT of any 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 Yoga program. I waive rights to claims for any damages / injuries against Kat Abrams, RYT and the officers, agents and employees of The Egg. Also, I understand the course fee is inclusive and *no* refunds will be given for classes I do not attend. I understand it is my sole responsibility to attend *rescheduled* classes, if any arise. I have written my e-mail address legibly above so I may be notified of any schedule changes. ****In signing I acknowledge I have read, understand & agree to the terms detailed here, in this "Assumption of Risk" Waiver.** (No class Columbus

Day Mon.10/11.)

Signature _____

Date _____