

**MARCH/APRIL 2024 "LUNCHTIME KRIPALU YOGA,  
GENTLE STRETCHING,  
& DEEP RELAXATION @ THE EGG"**

W/ KRIPALU CERTIFIED YOGA TEACHER **KAT ABRAMS, RYT**  
**TUES. & THURS. 12:15 ~1PM**  
**TUES. MARCH 5~ THURS. APRIL 25**

Please RSVP for your spot via Email- [kathleenabrams223@gmail.com](mailto:kathleenabrams223@gmail.com).

To register print this reg. form & register in your first class. Checks payable to "Kat Abrams, RYT"

Student Name:	Agency / Business / Retired
Work or Cell Phone:	
E-Mail Address: (write legibly please)	
<b>LUNCHTIME KRIPALU YOGA INFO</b>	
<p>Kat Abrams, RYT guides 2 weekly "mixed levels" (Non - competitive ) Yoga, Deep Relaxation, Mindful Stretching &amp; Deep Relaxation classes @ <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><b>**All experience levels WELCOME!</b> *Register to attend <u>any</u> 1 class each week or both classes.</p> <p><b>Important notes</b> ~ All of Kat's classes are <u>EZ to follow</u> &amp; judgment free. Lights will be low &amp; the space will be private &amp; quiet. In classes enjoy energizing &amp; limbering warm- ups, strengthening / grounding &amp; toning yoga postures, full body stretches, "Yoga for a Better Back" practices. Kat weaves in Yogic focus / meditation &amp; "deep relaxation" practices as well. Classes accentuate safety, mindfulness, non judgment &amp; <u>respect</u>. Enjoy Kat's creative &amp; inspiring Yoga Teaching, plus a kind &amp; friendly Yoga community! <u>*Kat is a master at teaching w/ great sensitivity to each student's health challenges in heart &amp; mind.</u> <u>Please fill out the brief health disclosure below so Kat can teach to your personal health goals &amp; needs.</u> <b>Wear "EZ to move in" clothing for class.</b></p> <p><b>(Five restrooms available for changing attire.) Bring your own Yoga mat for each class.</b></p> <p><b>*PLEASE CHECK ONE to Enroll:</b></p> <p>I enclose \$140 to enroll for <u>1 Kripalu class</u> each week.( Either class weekly) _____</p> <p>I enclose \$180 to enroll in Lunchtime Yoga &amp; will attend <u>both</u> Yoga classes weekly _____</p> <p><b>Use other page if needed.</b> Please disclose herein <u>any recent health challenges or physical limitations</u>. List all chronic conditions, recent injuries or surgeries &amp; prescription or "over the counter" drugs you are currently taking, etc.</p>	

**Assumption of Risk \*Please read and sign.**

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.

Signature \_\_\_\_\_

Date \_\_\_\_\_