

Saturday, December 13, 2021

Yoga with Betty and Friends Registration September 2021

It is important that you know that registering for LIVE STREAMING CLASSES confirms that you understand and agree with this waiver of liability.

Any physical activity has the potential for injury or harm. We advise you to use caution and awareness when participating in this yoga class. By participating in this format, you affirm that you alone are responsible for your participation, and that you agree to irrevocably release and hold harmless and waive any claims that you have now or hereafter may have against Yoga With Betty and Friends (YWBF,ywbf), Betty Lewis and or Elizabeth A. Lewis

SCHEDULE

BOTH CLASSES ARE OPEN TO ALL STUDENTS. THESE GENERAL CLASSES WILL MIX ASANAS (postures) WITH ALTERNATE SUGGESTIONS GIVEN TO THOSE WHO AREN'T READY OR CANNOT DO CERTAIN ASANAS.

Please place X in the box preceding the class(es) of your choice.

Dates: Monday, November 29 - February 28, 2022 General class for all levels 7- 8:30

Thursday, December 2 - February 17, 2022 General class for all levels 9-10:30

No Class on Monday, December 20, 2021 and no class Thursday, December 23, 2021

Where: zoom portal - These are 12 week Classes may make up missed classes anytime during the session in the other class. All makeups must be made in the current session. No make ups after the end of current session.

Cost: \$156.00 – you may drop in to classes by paying \$15.00 for each Single weekly class

By the initialing of this flyer you assent to the Waiver of liability. You may scan/take a picture of the flyer and send it to: blewis9807@aol.com before taking class. Questions; contact me at (443) 764-9133 or at the above email

What you need:

- . **A yoga mat, or 2.** If you do not have a yoga mat, a non-slippery bare floor will do fine.
- . **1-2 blocks.** Large books, a sturdy foot stool(w/out wheels),or a folding or low chair will do. Make sure the support is stable and easy to move around.
- . **A couple of firm blankets.** The purpose of the blankets is to provide lift.
- . **yoga strap.** A tie or belt will also work
- . **Wall space.** You may be aware that, we Iyengar practitioners find a multitude of uses to enhance our practice at the wall.
- . **A positive and patient attitude.** I began offering ZOOM CLASSES in March 2020 and still I am learning as I go. I do welcome your feedback and thank all of you for the positive attitude and feedback I have received so far.