MIND & BODY
REGISTRATION FORM

Name _________________________________
Check one: □ Student □ Employee/ Other
Phone _________________________________
Email _________________________________
L# ____________________________________

SESSION FEES
Session includes 5-6 scheduled classes
Students: $15 each session
Employees / Access Pass Holders: $40 each session

CLASS PASS
Any Class, Any Session for the Total # on pass

<table>
<thead>
<tr>
<th>3 Class Pass</th>
<th>Limited Supply</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students = $10</td>
<td>Class Pass will be available at reception desk for pick up</td>
</tr>
<tr>
<td>Employees = $36</td>
<td>2 business days after purchase.</td>
</tr>
<tr>
<td></td>
<td>Valid for semester purchased.</td>
</tr>
<tr>
<td></td>
<td>Non refundable. Non transferable.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>5 Class Pass</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students = $15</td>
</tr>
<tr>
<td>Employees = $50</td>
</tr>
</tbody>
</table>

CLASS WILL BE CANCELLED IF MINIMUM ENROLLMENT IS NOT MET 24 HOURS BEFORE CLASS STARTS

Vinyasa Yoga (Sun) □ Session 1 □ Session 2
Yoga Tone (Tues) □ Session 1 □ Session 2
CLASS PASS (Specify # of Classes) _________________

Total Enclosed: _________________

Please submit registration at the Reception Desk in the Kirby Sports Center or mail to 134A Kirby Sports Center. Make checks payable to “Lafayette College”.
Do not send cash in the mail.

Office Use: □ Call or email: “you’re-registered”

(610) 330-5770
recreation@lafayette.edu

If you require accommodations to access any programs or services, please contact the Office of Disability Services at 610-330-5080.
Pre-Registration with payment is REQUIRED.  
Please pre-register, classes fill up quickly!  
No pro-rated pricing or make-up sessions permitted.  
Participants who withdraw prior to the first class will receive a 50% refund or a gift certificate valued at 100% of class fee for use in future.

CLASS DESCRIPTIONS

Sunday
Vinyasa Yoga
5:00-6:00PM  
Room 136

Vinyasa Yoga

Vinyasa Yoga is a fluid and active style of yoga, emphasized by the connection of breath and movement. Expect to experience sun salutations, a range of standing, seated and balanced postures, breath practices and a closing relaxation. Work and sweat through "moving meditation" followed by closing relaxation. All levels are welcome.  

Instructor: Charity

Tuesday
Yoga Tone
7:15-8:05AM  
Room 136

Yoga Tone

Set your tone for your day with an energizing vinyasa yoga flow that will awaken your body through mindful movement and attention to breath. This yoga practice in time will leave you with increased flexibility, better body tone, improved posture and a relaxed and clear mind. All levels welcome. Great refreshing way to start your day!  

Instructor: Jackie

CLASS DESCRIPTIONS

Vinyasa Yoga

Vinyasa Yoga is a fluid and active style of yoga, emphasized by the connection of breath and movement. Expect to experience sun salutations, a range of standing, seated and balanced postures, breath practices and a closing relaxation. Work and sweat through "moving meditation" followed by closing relaxation. All levels are welcome.  

Instructor: Charity

Yoga Tone

Set your tone for your day with an energizing vinyasa yoga flow that will awaken your body through mindful movement and attention to breath. This yoga practice in time will leave you with increased flexibility, better body tone, improved posture and a relaxed and clear mind. All levels welcome. Great refreshing way to start your day!  

Instructor: Jackie

Spring:
Session 1: February 5th—March 7th (5 weeks)  
Session 2: March 21st—April 25th (5-6 weeks)

Registration DEADLINE—48 hours prior to first class in order for class to run.  
(Minimum 8 participants)