

The Yoga and Meditation Center of Montclair

Registration Instructions

FEE SCHEDULE

Prices are also on the class schedule on the opposite side of this page.

BEGINNING AND INTERMEDIATE YOGA COURSES are 8 sessions and \$165. INTRODUCTION TO MEDITATION is 6 weeks, \$175 (Reviewers \$100.) YAMUNA BODY ROLLING is \$125 for an 8 week course. PRIVATE SESSIONS are \$125 per hour, \$175 for one and a half hours. GENTLE YOGA, \$125 for 8 weeks, YOGA FOR HEALTHY BONES, 8 weeks, \$125. Special price for Wed. night Gentle and Restorative Yoga and Yamuna Body Rolling combined, \$230. Meditation Workshop is 4 weeks, \$80.

Open drop-in classes

Wed. Yamuna Body Rolling classes are available on a drop-in basis for \$20

Sat. a.m. Yamuna Body Rolling drop-in fee is \$25.

Gentle and Restorative Yoga is available on a drop-in basis for \$20.

TRY ANY OTHER YOGA CLASS, ONE-TIME DROP-IN \$25

MAKE-UP POLICY FOR MISSED CLASSES

A missed class may be made up within the session in which you are registered if there is space available in another class for you to do a make-up. You may carry your make-ups over into the next 8-weeks series, **only if you are registered in the next 8-week series and if you notify us before you miss your class.** Our classes are often filled to capacity. If you must miss a class, please notify us at least 24 hours in advance. This is the only way in which we can determine when and where space will be available for make-ups. If you do not let us know that you will not be attending your class, you will forfeit the right to a make-up class. Please email info@yogainmontclair.com or call 973-746-6707 to schedule a make-up and a space will be reserved for you in the class of your choice depending upon availability.

REGISTRATION INSTRUCTIONS: PAY BY CHECK OR ONLINE AT www.yogainmontclair.com
or by credit card at the New Jersey Center for Healthy Living

Advance registration is required as *class size is limited to first 15 registrants.* For this reason, please **REGISTER IN ADVANCE** to insure a space in the class of your choice. *No tuition can be refunded for any reason after the first class.* If a class is cancelled due to insufficient registration, tuition will be refunded. *Please make your check payable to YOGA AND MEDITATION CENTER OF MONTCLAIR* and send it with your registration form to 292 Bloomfield Ave. Montclair, N. J. 07042. All classes will be held at The New Jersey Center for Healthy Living, 292 Bloomfield Ave., except Introduction to Natural Meditation which meets at the Clear Mountain Zen Center (see opposite page.)

REGISTRATION FORM

NAME: _____

ADDRESS: _____

Telephone (day) _____ (Evening) _____

Email address _____

NAME OF COURSE _____

Day/Time _____