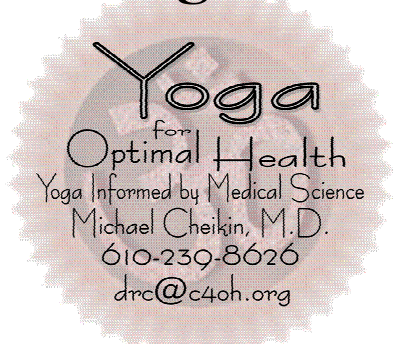


2011 Registration



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832 Germantown Pike, Suite 3
Plymouth Meeting, PA 19462

Chestnut Hill United Methodist Church
8812 Germantown Avenue
Philadelphia, PA 19118

Make our Yoga classes a part of your healthy lifestyle. Taking classes with family, friends, and co-workers enhances your commitment. Regular classes with our experienced teachers combined with other services offered by Dr. Cheikin and staff can help with: stress reduction, mood, clarity of mind, strength, stretch, balance, bone density, sleep, hormonal balance and spirituality. It is one of the only modalities that can help with a host of medical conditions including chronic pain, chronic /adrenal fatigue, depression, anxiety, sleep disorder, and others. Please let us know of any questions or concerns regarding your participation in our classes. We are committed to making classes available for all—call for special discounts for seniors over 65, full-time students and those with documented hardship.

Class Rates (1 or 2 cards)			
# of Classes on card**	Total Fee	Cost/Class	Weeks to complete
1*	\$20	\$20	—
5	\$89	\$17.80	8
10**	\$165	\$16.50	13**
15	\$220	\$14.66	18
20**	\$270	\$13.50	23**

* Drop-in fee applies to card purchased within 7 days.
** Two people can split a series; each will get a card with 5 or 10 classes with applicable expiration

No classes: 12/20/10 — 1/2/11,
5/30, 7/4, 8/29—9/11,
11/23—27, 12/21/11 — 1/3/12 (W-Tu)

2011

January	February	March
S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
April	May	June
S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
July	August	September
S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
October	November	December
S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Registration Policies

1. All registrations final. Cards not transferable.
2. Two people may buy cards together (not eligible if other discounts applied). Checks must be submitted together. Start and end dates must be the same.
3. Cards valid for # of classes + 3 weeks (excluding off weeks in Aug/Sept & Dec/Jan). Weeks begin on Monday and end on Sunday. Expiration date can be extended 2 weeks for vacation one time per calendar year.
4. Students responsible for bringing card to class and track their classes. Classes taken without active registration will be billed at drop-in rate (\$20).
5. \$5 fee to replace lost card.
6. Class schedule subject to change or cancellation.
7. Classes available on a first-come, first-served basis. Teachers may limit class size.
8. Classes cancelled due to weather, insufficient attendance or emergencies can be made up with a pro-rated credit or by taking a substitute class.
9. Missed classes may be made up in any class that does not have a closed registration (** on schedule). Missed classes may also be made up by bringing a guest to a class, but guest must accompany registrant (no sending substitutes).
10. Medical leaves and returns require a physician's note and must be approved by Dr. Cheikin. One leave per 12 month period.
11. No scents please (some people are allergic)—including clothing.
12. For your own safety, proper yoga mats and towels required. Loaned mats will be cleaned after use by student.

Also available:
Gift Certificates

Products & Services Brochure

Student Manual

Student CD's

Quality Props

Lessons: Private & Group