A purple flower with blue and white swirls

AI-generated content may be incorrect.

RLW YOGA REGISTRATION FORM

Here is the link for all classes. <https://form.jotform.com/252366515613254>

Cabin Yoga Prebooking only- Min 4 (participants) Max 10 (participants)

Beausejour Studio Yoga Prebooking only- Min 4 (participants) Max 20 (participants)

Drop in – if space allows (contact for availability)

Private sessions- Min 1(participant) Maximum 8 (participants) (contact for schedule)

Registration form must be completed for each class until I have a different booking platform.

Waiver form must be submitted prior to first class (only once)

Class frequency is subject to change depending on enrollment and inclement weather.

If a class is cancelled all prebooked will be notified and get a free video class\*\*

If you can’t make a class, notify me 4 hrs in advance, and I will send you the zoom link to that class.

Missing a preregistered/paid class without 4 hrs. notice forfeits the class.

RLW YOGA STUDIO INFORMATION

Please bring your own yoga mat and water bottle.

Plan to arrive 10-20 minutes before scheduled class time. The door will be locked once class starts.

Please observe silence (including electronics) in the studio 10 minutes before class, during class and 10 minutes after class. \*\*Exception for kid’s practices.

RLW yoga is accessible to all ages and abilities. No experience necessary. Explanation, guidance and alternate versions of poses will be offered.

Sept 9, 2025- Nov 9, 2025: Cozy Cabin Location

Tuesday/Thursday 10-11 am\*\* 8-9pm

Saturday/Sunday 10-11 am 8-9pm

NO CLASSES SEPT 27, OCTOBER 4,5,18,19

\*\* SUBJECT TO ENROLLMENT AND TEACHER AVAILABILITY

Nov 10, 2025- April 2026: Beausejour Studio\* + Online classes

Tuesday /Thursday 10-11 am online only 7-8pm \* SUBJECT TO ENROLLMENT or online

Saturday 5-6pm

Sunday 10-11 am 5-6pm online only

Any questions? Contact me a [alavallee2727@gmail.com](mailto:alavallee2727@gmail.com)