

REGISTRATION

Please complete this form and mail or drop off at the Academy with your payment.

Make checks payable to:
Wisconsin Ballet Academy

Student Information **(PLEASE PRINT)**

First Name _____

Last Name _____

Date of Birth ____ / ____ / ____

Phone _____

Email _____

Address _____

City _____ Zip _____

Emergency Contact _____

Phone _____

By signing this document, I agree that if I am hurt or my property is damaged during my participation in this activity, then I may be found by a court of law to have waived my right to maintain a lawsuit against the parties being released on the basis of any claim for negligence.

Date _____

Signature _____

(If under the age of 18, must be completed and signed by parent or guardian)

Parents Name: _____

If applicable

Registration Form

DIRECTIONS

We are located in the **Wilton Community Center** on the corner of Hwy 71 and East Street.



We are conveniently located adjacent to the Community Park and Pool. Plenty of parking too!



Further information or to pre-register visit our website
www.wisconsinballetacademy.com

Wisconsin Ballet Academy

400 East Street
P.O. Box 171
Wilton, WI 54670
Phone: 608.633.5425

01-06-2020

Classes Begin
08 January **Yoga**

with Kim Neal Nofsinger

WINTER SCHEDULE

**YOGA FLOW
ADAPTED YOGA**



Revitalize



Reconnect



Calm your mind



Balance your life

BENEFITS OF YOGA

- ☀ Improves Flexibility
- ☀ Builds Muscle Strength
- ☀ Improves Posture & Balance
- ☀ Improves Focus
- ☀ Encourages a Healthy Lifestyle

COMMON QUESTIONS ABOUT YOGA

I'm Not Flexible—Can I Do Yoga?

Yes! Many people think that they need to be flexible to begin yoga. Come as you are and you will find that yoga practice will help you become more flexible. This newfound agility will be balanced by strength, coordination, and enhanced cardiovascular health, as well as a sense of physical confidence and overall well-being.

How Is Yoga Different From Other Kinds of Fitness?

Yoga is unique because it connects the movement of the body and mind to the rhythm of our breath. Connecting the mind, body, and breath helps us to direct our attention inward practice. Through this process of inward attention, we learn to cultivate rather than task a goal to be completed. Your body will most likely become much more flexible by doing yoga, and so will your mind.

Excerpt from 38 Benefits of Yoga by Timothy McCall M.D.

YOGA FLOW WEDNESDAYS

6:00 – 7:00 AM

ADAPTED YOGA WEDNESDAYS

7:30 – 8:30 AM

YOGA FOR ATHLETES WEDNESDAYS

5:15 – 6:15 PM

Dates:

Jan 8, 15, 22, 29
Feb 5, 12, 19, 26
Mar 4, 11

YOGA – WINTER CLASSES

Yoga Flow – fundamentals of yoga will be introduced through repetition of exercises. Students are encouraged to learn movement variations appropriate to their individual body and skill level.

Adapted Yoga – offers alternating approaches between standing/seated poses and mat work.

Yoga for Athletes – with its dynamic pacing and variety of poses, this is the perfect class for student athletes between sports seasons.

Participants should wear comfortable clothing that allows for freedom of movement and bring a yoga mat, block, and strap.



YOUR INSTRUCTOR

Kim Neal Nofsinger was previously the Director of Dance at Middle Tennessee State University and the Artistic Director of the MTSU Dance Theatre. Prior teaching appointments include Ohio University, University of Minnesota-Duluth, and the prestigious Interlochen Center for the Arts in Michigan.

Mr. Nofsinger has an MFA in Performance and Choreography and is a certified yoga instructor.



REGISTRATION FORM

Please select your classes and complete both sides of this form.

YOGA FLOW \$60

Wednesdays 6:00 – 7:00 AM

- Jan 8, 15, 22, 29
- Feb 5, 12, 19, 26
- Mar 4, 11

(10 classes)

ADAPTED YOGA \$60

Wednesdays 7:30 – 8:30 AM

- Jan 8, 15, 22, 29
- Feb 5, 12, 19, 26
- Mar 4, 11

(10 classes)

YOGA FOR ATHLETES \$60

Wednesdays 5:15 – 6:15 PM

- Jan 8, 15, 22, 29
- Feb 5, 12, 19, 26
- Mar 4, 11

(10 classes)

Drop-In Rate \$12

Participants will need a yoga mat, block, and strap. Sets are available for purchase at the Wisconsin Ballet Academy.

Yoga Set \$28 (includes sales tax)

Total Enclosed \$ _____

Check# _____ Cash _____

