

## 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 \_\_\_\_\_

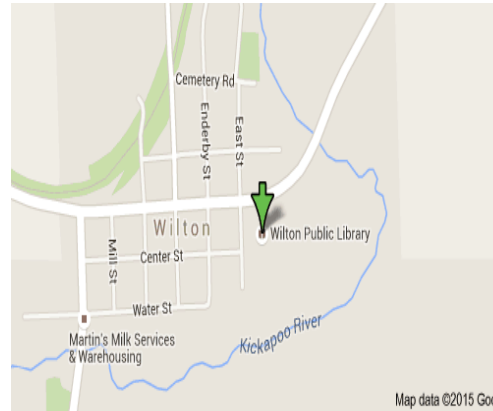
Signature \_\_\_\_\_  
*(If under the age of 18, must be completed and signed by parent or guardian)*

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](http://www.wisconsinballetacademy.com)

**Wisconsin Ballet Academy**  
400 East Street  
P.O. Box 171  
Wilton, WI 54670  
Phone: 608.633.5425

03-03-2020

Classes Begin  
18 March **Yoga**

*with Kim Neal Nofsinger*

**SPRING  
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.*

### WEDNESDAYS

#### YOGA FLOW

6:00 – 7:00 AM

#### ADAPTED YOGA

7:30 – 8:30 AM

#### Dates:

March 18 & 25  
April 1, 8, 15, 22, 29  
May 6 & 13



## YOGA – SPRING 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.

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 \$54**

Wednesdays 6:00 – 7:00 AM

- March 18 & 25
- April 1, 8, 15, 22 & 29
- Mar 6 & 13
- 9 classes

#### **ADAPTED YOGA \$54**

Wednesdays 7:30 – 8:30 AM

- March 18 & 25
- April 1, 8, 15, 22 & 29
- Mar 6 & 13
- 9 classes

#### **Drop-In Rate \$6**

Participants should wear comfortable clothing that allows for freedom of movement.

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 \_\_\_\_\_

