Françoise LESCANNE-Graduate Teacher Member of FIDHY and FNELY 11, avenue Robert Schuman 57000 METZ

YOGA - RELAXATION

203.87.74.47.74

Sport and health label: prescri'mouv (1)

Siret: 50142002000023 www.yoga-metz.com



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Date of registration:				
Last Name : First Name :				
Date of birth:	Pro	ofession :		
Address:				
Zip code:	City:	:		
Telephone:	Email	(legible handwriting)):	
How did you hear about Surya's	classes?			
Prices:				
Period	Non-annual Registrations	1 lesson/week	2 lessons/week	3 lessons or more /week
Annual Membership Fee (2)		29 €*	29 €*	29 €*
For the year Possibility to pay in three cheques to be handed in at the time of registration. They will be cashed in September, October and November.		215 €*	345 €*	495 €*
Rate only for pregnant women				
€ 75 per quarter; € 30 per month				
Price per session : 11 € (first lesson is free)				
*TVA non applicable - article 293 B du C Check your schedule of class(es) below (d			que made payable to tl	€ ne Surya Association)
☐ Monday 12:15 pm (Hat	Monday 12:15 pm (Hatha Yoga) Monday 14:15 pm (Hatha Yoga)		Wednesday 15:15 p.m. (Yoga adapted to various pathologies) Wednesday 17:30 p.m (Hatha Yoga)	
☐ Monday 17:30 pm (<i>Hat</i>	ha Yoga)	□ w	/ednesday 19:00 p.m (/	Hatha Yoga)
□ Tuesday 12:15 pm (Hatha Yoga)			Thursday 17:30 p.m. (Hatha Yoga in English)	
☐ Tuesday 14:15 p.m. (Yow women & back yoga)	Tuesday 14:15 p.m. (Yoga for pregnant women & back yoga)		Friday 12:15 p.m. (Relaxation, Yoga Nidra)	
☐ Tuesday 17:30 p.m (<i>Ha</i>	tha Yoga)	□ F ₁	riday 14:15 p.m. (<i>Hath</i>	a Yoga)

If necessary, face-to-face classes may be provided remotely.
All registrations become valid upon receipt of the payment cheque.

Individual or yoga therapy session ($\[mathebox{\ensuremath{$\in$}}\]$ per hour). Themed workshops on some Saturday mornings, $\[mathebox{\ensuremath{$\in$}}\]$ 30 for members instead of $\[mathebox{\ensuremath{$\in$}}\]$ 35. Various weekend courses and a residential course in the summer. Yoga Teacher Training. Payments cannot be reimbursed and remain the property of the association. In case of financial problems, consult the facilitator. A break is planned during the school holidays; however, it can sometimes be reduced or postponed. Classes will finish at the end of June. There are no classes in July and August.

To ensure an available place in a class, registration is done on a fixed weekly schedule. However, a missed class can be replaced by the relaxation session on Friday at 12:15 p.m. or the yoga session in English on Thursday at 5:30 p.m.

Attach a medical certificate of no contraindication to the practice of Yoga

- (1) Sport and health label: prescribe in the event of ALD, possibility of assistance to return to activity under certain conditions.
- (2) The annual fee includes the registration fee. It entitles you to attend the various courses and internships from 09 September 2024 to 31 August 2025.

☐ By signing, I certify that I have received the GDPR data protection information