

YOGA – RELAXATION



Follow us on facebook : Centre de Yoga Cerfy et Surya - Metz

Date of registration:.....

Last Name :..... First Name :.....

Date of birth :..... Profession :.....

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)				
TOTAL	€			€

(Cheque made payable to the Surya Association)

Check your schedule of class(es) below (duration of all classes is 1 hour):

- | | |
|---|---|
| <input type="checkbox"/> Monday 12:15 pm (Hatha Yoga) | <input type="checkbox"/> Wednesday 15:15 p.m. (Yoga adapted to various pathologies) |
| <input type="checkbox"/> Monday 14:15 pm (Hatha Yoga) | <input type="checkbox"/> Wednesday 17:30 p.m (Hatha Yoga) |
| <input type="checkbox"/> Monday 17:30 pm (Hatha Yoga) | <input type="checkbox"/> Wednesday 19:00 p.m (Hatha Yoga) |
| <input type="checkbox"/> Tuesday 12:15 pm (Hatha Yoga) | <input type="checkbox"/> Thursday 17:30 p.m. (Hatha Yoga in English) |
| <input type="checkbox"/> Tuesday 14:15 p.m. (Yoga for pregnant women & back yoga) | <input type="checkbox"/> Friday 12:15 p.m. (Relaxation, Yoga Nidra) |
| <input type="checkbox"/> Tuesday 17:30 p.m (Hatha Yoga) | <input type="checkbox"/> Friday 14:15 p.m. (Hatha 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 (€52 per hour). Themed workshops on some Saturday mornings, € 30 for members instead of € 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. Contact us.

(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

Date and signature (write "read and approved"):