

YOGA COURSE 3 - Thursday

Five one hour sessions

Starting Thursday November 19th 6:30 until 7:30pm, continuing
November 26th, December 3rd, 10th, 17th 2020.



BOOKING FORM

Name _____

Address _____

Phone _____

Fee:

To be paid in advance at the time of booking to secure your place.

Fee is non-refundable unless the course is cancelled by The Yoga Studio.

Payment method:

Website: PayPal, Debit or Credit card (£44). Go to yoga.co.im/events.

Cash also accepted by prior arrangement (£42).

Medical Screening:

Please complete the Confidential Medical Screening form and return to me by return.

If you have a medical condition that may affect your ability to practice yoga please consult your GP.

No need to fill in a new form if you have already done so for a previous course.

Notes:

Yoga mats and other equipment are provided, but please feel free to bring your own mat.

Please wear comfortable clothing suitable for exercise and remove footwear before entering the studio. Leave footwear on the landing or in the changing room.

Arrive in time to get changed (if you are not already) and ready for class at 6:30pm

I look forward to seeing you on the mat!

Best Wishes

Yan