



Yoga & Pilates classes starting 23 October 2017

Please **tick below** which class(es) you wish to attend and also fill in the booking form overleaf.

PLEASE TICK ↓	EVENING	CLASS DESCRIPTION	TIME & DAY	START
	Hatha Yoga Intermediate	Dynamic flowing posture sequences, Static postures, Pranayama, Relaxation, Yoga Philosophy. For students with at least 2 years experience	Mondays 6.30pm – 8.00pm Capel Morris	Monday 23 Oct
	Evolution Pilates Beginners/General	Complete body workout with emphasis on strengthening abdominals and back. Suitable for beginners as well as more experienced students	Mondays 8.00pm – 9.15pm Capel Morris	Monday 23 Oct
	Evolution Pilates Beginners/General	Complete body workout with emphasis on strengthening abdominals and back. Suitable for beginners as well as more experienced students	Tuesdays 6.30pm - 7.45pm Capel Morris	Tuesday 24 Oct
	Hatha Yoga Beginners/ Mixed Ability	Simple flowing posture sequences, Static postures, Pranayama, Relaxation, Some Yoga Philosophy. No previous experience required.	Tuesdays 7.45pm – 9.15pm Capel Morris	Tuesday 24 Oct
	Evolution Pilates Complete Beginners Intro Class	Introduction to Pilates for Complete Beginners or those wanting a more gentle and slow class.	Thursdays 6.15pm-7.15pm <i>Dance Studio, Malling School</i>	Thursday 26 Oct
	Hatha Yoga Beginners/Mixed ability	Simple flowing posture sequences, Static postures, Pranayama, Relaxation, Some Yoga Philosophy. No previous experience required.	Thursdays 7.15pm-8.15pm <i>Dance Studio, Malling School</i>	Thursday 26 Oct
	DAYTIME	CLASS DESCRIPTION	TIME & DAY	START
	Yoga & Pilates Fusion Beginners/General (mainly over 60's)	Gentle class with a mix of very simple yoga postures, Pilates exercises, breathing exercises and a deep relaxation at the end of the class.	Mondays 10am –11.15am Capel Morris	Monday 23 Oct
	Evolution Pilates Beginners/General	Complete body workout with emphasis on strengthening abdominals and back Suitable for beginners as well as more experienced students	Thursdays 10am – 11.15am Capel Morris	Thursday 26 Oct
	Hatha Yoga Beginners/Mixed Ability	Simple flowing posture sequences, Static postures, Pranayama, Relaxation, Some Yoga Philosophy. No previous experience required.	Thursdays 11.20am-12.35pm Capel Morris	Thursday 26 Oct

- **Classes run for 7 weeks: 23 Oct – 14 Dec.**
- **No classes Mon 30 Oct, Tue 31 Oct and Thu 2 Nov – I am away.**
- **You can make up for missed classes, during the block you have paid for, by coming along to any of my other classes – no need to email or phone first – you can just turn up.**
- **Your booking is only secure once we have received the booking form and payment. No refunds will be given. No part payment of blocks.**



- **BOOKING FORM – OCTOBER 2017**
- **Please tick which class(es) you want to book overleaf.**

FEE STRUCTURE (Please tick)		
1 CLASS PER WEEK:		
<input type="checkbox"/> 7 weeks x 1 class £59.50		
2 CLASSES PER WEEK:		
<input type="checkbox"/> 7 weeks x 2 classes £110		
3 CLASSES PER WEEK:		
<input type="checkbox"/> 7 weeks x 3 classes £154		
FEE STRUCTURE FOR <u>SENIOR CITIZENS:</u>		
1 CLASS PER WEEK:		
<input type="checkbox"/> 7 weeks x 1 class £52.50		
2 CLASSES PER WEEK:		
<input type="checkbox"/> 7 weeks x 2 classes £97		
3 CLASSES PER WEEK:		
<input type="checkbox"/> 7 weeks x 3 classes £135		
NAME		
ADDRESS (including post code) <i>Current participants do not need to fill in address</i>		
TEL and EMAIL <i>Current participants do not need to fill in tel and email</i>		

Please send this form + payment (cheques payable to **Rose-Marie Sorokin**) to Inner Light Yoga & Health Co, 5 Mill Hall, Aylesford, Kent ME20 7JN.

You can also pay via bank transfer to:

Sort code: 205411. Account no: 70851132. Account holder: Rose-Marie Sorokin.

Please make sure that the course fee arrives in plenty of time before the course start.

Classes are held at the Capel Morris Centre, RBLI, Hall Road, Aylesford ME20 7NL and The Dance Studio, Malling School, Beech Road, East Malling ME19 6DH

Current class participants can bring form and payment to class, **before** the start of the next block.

*Please note: If you are currently in my classes and have decided **NOT** to continue in the next block, please let me know as soon as possible so that I can offer your place to someone on my waiting list.*

Many thanks for your booking! All new class participants will receive a confirmation via email.

