



## **Yoga & Pilates classes starting 15 January 2018**

**Please make sure your booking & payment is in before 10 January. Many thanks!**

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
	<b>Hatha Yoga</b> 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 <b>15 Jan</b>
	<b>Evolution Pilates</b> Beginners/General Level	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 <b>15 Jan</b>
	<b>Evolution Pilates</b> Beginners/General Level	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 <b>16 Jan</b>
	<b>Hatha Yoga</b> 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 <b>16 Jan</b>
	<b>Evolution Pilates</b> Beginners/General Level	Complete body workout with emphasis on strengthening abdominals and back. Suitable for beginners as well as more experienced students	Thursdays 6.15pm-7.15pm <i>Dance Studio, Malling School</i>	Thursday <b>18 Jan</b>
	<b>Hatha Yoga</b> 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 <b>18 Jan</b>
	<b>DAYTIME</b>	<b>CLASS DESCRIPTION</b>	<b>TIME &amp; DAY</b>	<b>START</b>
	<b>Evolution Pilates</b> Beginners/General (mainly over 60's)	Complete body workout with emphasis on strengthening abdominals and back. Suitable for beginners.	Mondays 10am –11.15am Capel Morris	Monday <b>15 Jan</b>
	<b>Evolution Pilates</b> Beginners/General Level	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 <b>18 Jan</b>
	<b>Hatha Yoga</b> 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 <b>18 Jan</b>

- **Classes run in 3 blocks: 8, 7 and 7 weeks from 15 January to 19 July – 22 weeks in total.**
- **Block 1: 15 Jan to 8 March – 8 weeks,**
- **Block 2: 12 March to 17 May – 7 weeks,**
- **Block 3: 21 May to 19 July – 7 weeks**
- **No classes on the following dates:**
- **Mon 26 March to Thu 5 April (Easter break)**
- **Mon 7 May to Thu 10 May (I am away)**
- **Mon 28 May (Bank Holiday Monday)**
- **Mon 18 June to Thu 28 June (Yoga retreat in Sweden)**
- **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 – JANUARY 2018**

**Please tick which class(es) you want to book overleaf.**

FEE STRUCTURE (Please tick)		
<b>1 CLASS PER WEEK:</b>		
<input type="checkbox"/> 8 weeks x 1 class £68	<input type="checkbox"/> 15 weeks x 1 class £119	<input type="checkbox"/> 22 weeks x 1 class £170
<b>2 CLASSES PER WEEK:</b>		
<input type="checkbox"/> 8 weeks x 2 classes £127	<input type="checkbox"/> 15 weeks x 2 classes £229.50	<input type="checkbox"/> 22 weeks x 2 classes £340
<b>3 CLASSES PER WEEK:</b>		
<input type="checkbox"/> 8 weeks x 3 classes £175	<input type="checkbox"/> 15 weeks x 3 classes £348.50	<input type="checkbox"/> 22 weeks x 3 classes £500
FEE STRUCTURE FOR <b>SENIOR CITIZENS:</b>		
<b>1 CLASS PER WEEK:</b>		
<input type="checkbox"/> 8 weeks x 1 class £60	<input type="checkbox"/> 15 weeks x 1 class £105	<input type="checkbox"/> 22 weeks x 1 class £150
<b>2 CLASSES PER WEEK:</b>		
<input type="checkbox"/> 8 weeks x 2 classes £108	<input type="checkbox"/> 15 weeks x 2 classes £210	<input type="checkbox"/> 22 weeks x 2 classes £307.50
<b>3 CLASSES PER WEEK:</b>		
<input type="checkbox"/> 8 weeks x 3 classes £155	<input type="checkbox"/> 15 weeks x 3 classes £307.50	<input type="checkbox"/> 22 weeks x 3 classes £457.50
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.

