



Yoga & Pilates classes starting 12 March 2018

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 C Aylesford	Monday 12 March
	Evolution Pilates Beginners/ Mixed Ability	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 C Aylesford	Monday 12 March
	Evolution Pilates Beginners/ Mixed Ability	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 C Aylesford	Tuesday 13 March
	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 C Aylesford	Tuesday 13 March
	Evolution Pilates Beginners/ Mixed Ability	Complete body workout with emphasis on strengthening abdominals and back. Suitable for beginners as well as more experienced students	Thursdays 6.15pm-7.15pm Dance Studio, Malling School East Malling	Thursday 15 March
	Hatha Yoga Beginners/ Mixed Ability	Simple flowing posture sequences, Static postures, Pranayama, Relaxation, Some Yoga Philosophy. No previous experience required.	Thursdays 7.15pm-8.30pm Dance Studio, Malling School East Malling	Thursday 15 March
	DAYTIME	CLASS DESCRIPTION	TIME & DAY	START
	Evolution Pilates Beginners/General (mainly over 60's)	Gentle class for over 60's. Complete body workout. Suitable for all levels. Relaxation at the end of the class.	Mondays 10.00am– 11.15am Capel Morris C Aylesford	Monday 12 March
	Evolution Pilates Beginners/Mixed Ability	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 C Aylesford	Thursday 15 March
	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 C Aylesford	Thursday 15 March

- Classes run in 2 blocks of 7 weeks each: 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)
- Thu 3 May – 10am Pilates, 11.20 Yoga (local election in the hall)
- Mon 18 June to Thu 28 June (Yoga retreat in Sweden)
- **Please deduct the following for Thu 3 May (Block 2) and Mon 28 May (Block 3):**
- **Thu 3 May – 10am Pilates, 11.20am Yoga: Deduct £7.50 (over 60s)/£8.50 (everyone else)**
- **Mon 28 May – 10am Pilates, 6.30pm Yoga, 8pm Pilates: Deduct £7.50 (over 60s)/£8.50 (everyone else)**
- 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 – March 2018

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

To secure your place, please make sure your booking/payment is in by 9 March the latest. Many thanks! ☺

FEE STRUCTURE (Please tick)		
1 CLASS PER WEEK:		
<input type="checkbox"/> 7 weeks x 1 class £59.50	<input type="checkbox"/> 14 weeks x 1 class £110	
2 CLASSES PER WEEK:		
<input type="checkbox"/> 7 weeks x 2 classes £110	<input type="checkbox"/> 14 weeks x 2 classes £221	
3 CLASSES PER WEEK:		
<input type="checkbox"/> 7 weeks x 3 classes £161	<input type="checkbox"/> 14 weeks x 3 classes £323	
FEE STRUCTURE FOR SENIOR CITIZENS – over 60's:		
1 CLASS PER WEEK:		
<input type="checkbox"/> 7 weeks x 1 class £52.50	<input type="checkbox"/> 14 weeks x 1 class £97	
2 CLASSES PER WEEK:		
<input type="checkbox"/> 7 weeks x 2 classes £97	<input type="checkbox"/> 14 weeks x 2 classes £195	
3 CLASSES PER WEEK:		
<input type="checkbox"/> 7 weeks x 3 classes £135	<input type="checkbox"/> 14 weeks x 3 classes £292	
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>		
How did you hear about Inner Light Yoga & Pilates Classes?		

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 (with directions and what to bring) via email.

