

## Yoga & Pilates classes starting 10 September 2018

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

| PLEASE | EVENING  | CLASS DESCRIPTION   | TIME & DAY  | START              |
|--------|--|---|---|--------------------|
| TICK ↓ | Hatha Yoga<br>Intermediate                             | Dynamic flowing posture sequences, Static postures, Pranayama, Relaxation, Yoga Philosophy. For students with at least 2 years experience | Mondays<br>6.30pm – 8.00pm<br>Capel Morris C<br>Aylesford         | Monday<br>10 Sep   |
|        | 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<br>8.00pm – 9.15pm<br>Capel Morris C<br>Aylesford         | Monday<br>10 Sep   |
|        | 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<br>6.30pm - 7.45pm<br>Capel Morris C<br>Aylesford        | Tuesday<br>11 Sep  |
|        | Hatha Yoga<br>Beginners/<br>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<br>11 Sep  |
|        | 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 Dance Studio, Malling School East Malling | Thursday<br>13 Sep |
|        | Hatha Yoga<br>Beginners/Mixed<br>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<br>13 Sep |
|        | 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<br>10.00am–<br>11.15am<br>Capel Morris C<br>Aylesford     | Monday<br>10 Sep   |
|        | 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<br>10am – 11.15am<br>Capel Morris C<br>Aylesford        | Thursday<br>13 Sep |
|        | Hatha Yoga<br>Beginners/Mixed<br>Ability               | Simple flowing posture sequences, Static postures, Pranayama, Relaxation, Some Yoga Philosophy. No previous experience required.          | Thursdays<br>11.20am-12.35pm<br>Capel Morris C<br>Aylesford       | Thursday<br>13 Sep |

- PLEASE READ:
- Classes run in two blocks of 7 weeks each: Block 1: 10 Sep to 25 Oct. Block 2: 5 Nov 19 Dec.
- Block 1: No classes Thu 4 October at Malling School as the school has an Open Day (6.15pm and 7.15pm classes only).
- Block 1: No classes Thu 18 October at the RBLI in Aylesford due to a local Jobs Fair taking place (10am and 11.20am classes only)
- No classes from Mon 29 Oct to Thu 1 Nov (I am away)
- Thursday Classes 10am, 11.20am, 6.15pm and 7.15pm: Deduct £7.50 (over 60s)/£8.50 (everyone else) for Thu 4
  Oct/Thu 18 Oct.
- You can make up for missed classes, during the block you have paid for, by coming along to any of my other classes.
- You cannot 'carry over' any missed classes to the following block.
- Your booking is only secure once we have received the booking form and payment. No refunds will be given except in exceptional circumstances when an administration charge will be made. No part payment of blocks.



## **BOOKING FORM - September 2018**

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

To secure your place, please make sure your booking/payment is in by 5 Sep the latest. Many thanks! ☺

| FEE STRUCTURE (Please tick)  1 CLASS PER WEEK:                                      |                           |  |  |  |  |  |
|---|---------------------------|--|--|--|--|--|
| 7 weeks x 1 class £59.50  | 14 weeks x 1 class £110   |  |  |  |  |  |
| 2 CLASSES PER WEEK:   |                           |  |  |  |  |  |
| ☐ 7 weeks x 2 classes £110.50   | 14 weeks x 2 classes £212 |  |  |  |  |  |
| 3 CLASSES PER WEEK:   |                           |  |  |  |  |  |
| ☐ 7 weeks x 3 classes £161.50   | 14 weeks x 3 classes £323 |  |  |  |  |  |
| FEE STRUCTURE FOR SENIOR CITIZENS – over 60's:                                      |                           |  |  |  |  |  |
| 1 CLASS PER WEEK:   |                           |  |  |  |  |  |
| ☐ 7 weeks x 1 class £52.50  | 14 weeks x 1 class £97    |  |  |  |  |  |
| 2 CLASSES PER WEEK:   |                           |  |  |  |  |  |
| ☐ 7 weeks x 2 classes £97.50  | 14 weeks x 2 classes £188 |  |  |  |  |  |
| 3 CLASSES PER WEEK:   |                           |  |  |  |  |  |
| ☐ 7 weeks x 3 classes £142.50   | 14 weeks x 3 classes 285  |  |  |  |  |  |
|   |                           |  |  |  |  |  |
|   |                           |  |  |  |  |  |
| NAME  |                           |  |  |  |  |  |
|   |                           |  |  |  |  |  |
| 4000500   |                           |  |  |  |  |  |
| ADDRESS  (including part ands)  Current participants do not pand to fill in address |                           |  |  |  |  |  |
| (including post code) Current participants do not need to fill in address           |                           |  |  |  |  |  |
| TEL and EMAIL   |                           |  |  |  |  |  |
| Current participants do not need to fill in tel and email                           |                           |  |  |  |  |  |
| How did you hear about Inner  |                           |  |  |  |  |  |
| Light Yoga & Health Co?   |                           |  |  |  |  |  |

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

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

<u>Current class participants</u> can bring form and payment to class, <u>before</u> the start of the next block. <u>Please note: If you are currently</u> 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.

