



**Yoga & Pilates classes starting 5 November 2018**

*I would be very grateful if all bookings/payments could be in by 1 Nov the latest. 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 C Aylesford	Monday <b>5 Nov</b>
	<b>Evolution Pilates</b> 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 <b>5 Nov</b>
	<b>Evolution Pilates</b> 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 <b>6 Nov</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 C Aylesford	Tuesday <b>6 Nov</b>
	<b>Evolution Pilates</b> Complete Beginners Intro Class	Introduction to Pilates for Complete Beginners or those wanting a more gentle and slow class.	Thursdays 6.15pm-7.15pm <b>Dance Studio, Malling School East Malling</b>	Thursday <b>8 Nov</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-8.30pm <b>Dance Studio, Malling School East Malling</b>	Thursday <b>8 Nov</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)	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 <b>5 Nov</b>
	<b>Evolution Pilates</b> 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 <b>8 Nov</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 C Aylesford	Thursday <b>8 Nov</b>

- **PLEASE READ:**
- Classes run in: 5 Nov – 20 Dec.
- 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 – November 2018**

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

**To secure your place, please make sure your booking/payment is in by 1 Nov the latest. Many thanks! 😊**

<b>FEE STRUCTURE (Please tick)</b>		
<b>1 CLASS PER WEEK:</b>		
<input type="checkbox"/> 7 weeks x 1 class £59.50		
<b>2 CLASSES PER WEEK:</b>		
<input type="checkbox"/> 7 weeks x 2 classes £110		
<b>3 CLASSES PER WEEK:</b>		
<input type="checkbox"/> 7 weeks x 3 classes £161.50		
<b>FEE STRUCTURE FOR SENIOR CITIZENS – over 60's:</b>		
<b>1 CLASS PER WEEK:</b>		
<input type="checkbox"/> 7 weeks x 1 class £52.50		
<b>2 CLASSES PER WEEK:</b>		
<input type="checkbox"/> 7 weeks x 2 classes £97.50		
<b>3 CLASSES PER WEEK:</b>		
<input type="checkbox"/> 7 weeks x 3 classes £142.50		
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>		
How did you hear about Inner Light Yoga & Health Co?		

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

**Bank transfer:**

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

Important: As Reference use your surname and class, for example 'Smith Tue7.45pm'

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.

