



Yoga & Pilates classes starting 14 January 2019

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
	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 14 Jan
	Evolution Pilates 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 14 Jan
	Evolution Pilates 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 15 Jan
	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 15 Jan
	Evolution Pilates 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 17 Jan
	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 17 Jan
	DAYTIME	CLASS DESCRIPTION	TIME & DAY	START
	Evolution Pilates 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 14 Jan
	Evolution Pilates 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 17 Jan
	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 17 Jan

- Classes run in 3 blocks: 8, 7 and 7 weeks from 14 January to 18 July – 22 weeks in total.
- Block 1: 14 Jan to 7 March – 8 weeks,
- Block 2: 11 March to 9 May – 7 weeks,
- Block 3: 13 May to 11 July – 7 weeks
- No classes on the following dates:
- Mon 22 April to Thu Monday 6 May (Easter break + Bank Holiday Monday 6 May)
- Mon 27 May (Bank Holiday Monday)
- Tue 28 May (I am away)
- Mon 17 June to Thu 27 June (Yoga retreat in Sweden)
- **Monday classes ONLY: Please deduct the following for Mon 6 May (Block 2) and Mon 27 May (Block 3): Deduct £15 (over 60s)/£17 (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 – JANUARY 2019

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

FEE STRUCTURE (Please tick)		
1 CLASS PER WEEK:		
<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
2 CLASSES PER WEEK:		
<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
3 CLASSES PER WEEK:		
<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 SENIOR CITIZENS:		
1 CLASS PER WEEK:		
<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
2 CLASSES PER WEEK:		
<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
3 CLASSES PER WEEK:		
<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.

Please use a reference, for example 'Smith Tue7.45'

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.

