



Inner Light Yoga & Health Co. September 2019

Yoga & Pilates classes starting 9 Sep 2019 – Booking Form

Please make sure your booking & payment is in before 2 Sep.

You may lose your place if you delay your payment. Many thanks for your help.

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

PLEASE TICK ↓	EVENING	TIME, DAY, VENUE	START
	Hatha Yoga Intermediate	Mondays, 6.30pm – 8.00pm, Capel Morris Centre, Aylesford	Monday 9 Sep
	Evolution Pilates Beginners/ General Level	Mondays. 8.00pm – 9.15pm, Capel Morris Centre, Aylesford	Monday 9 Sep
	Evolution Pilates Beginners/ General Level	Tuesdays, 6.30pm - 7.45pm, Capel Morris Centre, Aylesford	Tuesday 10 Sep
	Hatha Yoga Beginners/ Mixed ability	Tuesdays, 7.45pm – 9.15pm, Capel Morris Centre, Aylesford	Tuesday 10 Sep
	Evolution Pilates Beginners/ General Level	Thursdays, 6.15pm-7.15pm Dance Studio, Malling School, E Malling	Thursday 12 Sep
	Hatha Yoga Beginners/ Mixed ability	Thursdays. 7.15pm-8.15pm Dance Studio, Malling School, E Malling	Thursday 12 Sep
	DAYTIME	TIME & DAY	START
	Evolution Pilates Beginners/General (mainly over 60's)	Mondays, 10am –11.15am, Capel Morris Centre, Aylesford	Monday 9 Sep
	Evolution Pilates Beginners/ General Level	Thursdays, 10am – 11.15am, Capel Morris Centre, Aylesford	Thursday 12 Sep
	Hatha Yoga Beginners/ Mixed Ability	Thursdays, 11.20am-12.35pm, Capel Morris Centre, Aylesford	Thursday 12 Sep

FEES (Please tick) FROM SEPTEMBER: SAME FEE STRUCTURE FOR EVERYONE

1 CLASS PER WEEK:

7 weeks x 1 class £59.50 13 weeks x 1 class £102

2 CLASSES PER WEEK:

7 weeks x 2 classes £110.50 13 weeks x 2 classes £204

3 CLASSES PER WEEK:

7 weeks x 3 classes £161.50 13 weeks x 3 classes £314.50

NAME

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

Bank transfer to:

- **Sort code: 205411. Account no: 70851132. Account holder: Rose-Marie Sorokin.**
- **Please make sure that the course fee arrives by 2 Sep the latest.**
- **Please use a reference (name, day, time), for example *'Smith Tue 7.45'***
- Or cheque to R Sorokin (5 Mill Hall, Aylesford, ME20 7JN)

Tel 01622 715576

email: innerlightyoga@btopenworld.com, website: www.innerlightyoga.co.uk



Inner Light Yoga & Health Co **September 2019**

Classes are held at:

The Capel Morris Centre, RBLI, Hall Road, Aylesford ME20 7NL

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.

- Classes run in 2 blocks of 7 & 6 weeks from 9 Sep to 19 Dec – 13 weeks in total.
- Block 1: 9 Sep to 7 Nov – 7 weeks
- Block 2: 11 Nov to 19 Dec – 6 weeks
- **No classes on the following dates:**
- **Mon 7 Oct, Tue 8 Oct, Thu 10 Oct. (I am away)**
- **Mon 28 Oct, Tue 29 Oct, Thu 31 Oct. (Yoga Retreat in Portugal)**
- **Thursday evening classes – Pilates 6.15pm and Yoga 7.15pm:**
- **No classes Thu 3 October due to the school having an open evening.** Please pay £51 for 6 classes (instead of £59.50 for 7 classes).

- 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.

Please feel free to email us at info@innerlightyoga.co.uk if you have any questions.