

Ro-yoga

Dear all,

The Yoga room will be two on the 15th August! Don't forget to let me know if you wish to come to my Moroccan themed party.

The party starts at 6pm and I hope that you will all dress appropriately!

I would like to take this opportunity to thank you all for your commitment to the Yoga Room; I really hope that you can make it to the party. Shelley Skipper will be providing the entertainment on the night. Further to this, she will be teaching regular belly dance classes at the studio. Please see below for further details.

Autumn term:

There will be two weeks off at the end of the summer term and the new eight week block will start on the 31st August, finishing on the 26th October.

I would very much appreciate it if you could get your booking forms in ASAP, as I will be away for a week in August on retreat and it will be more difficult for me to take bookings.

If you are paying by balance transfer, please ensure that you put YOUR name as a reference.

Changes to the regular schedule:

I will be reintroducing the Wednesday 7.15pm led class. Classes were jam-packed over the summer months! Please get your bookings in ASAP to ensure that you get a space on your chosen class.

The Thursday 6pm class will be at the Yoga Room for the first week (the 3rd September). The class will then return to the Drill Hall for the remainder of the 8 week block.

Please remember that the Sunday classes must be booked separately as they will be taken by a guest teacher. You will still make payment to me by filling out the booking form and by the usual payment methods. If you have an unlimited entry pass, this still entitles you to participate in the Sunday classes for no additional fee.

Other classes and workshops:

Belly dancing classes:

Mums & Daughters' Belly dance classes on Saturday Aug 1st, 8th & 29th @ 11am.
Bellydance Workshop: Saturday 5th September 2009; beginners to improvers.
To book or for further info, contact Shelley on 07724 921 652 or email
shelleyskipper@gmail.com, <http://www.shelleyskipper.com>

Other Yoga classes:

Hatha Yoga Daytime Classes will continue with Zena. Please contact:
zenachey@hotmail.com.

Weronika will be teaching **Sivananda** Yoga on Thursdays at 8pm. For more
information please contact Weronika on weronika.yoga@googlemail.com

Pilates classes will be led by our regular teacher Bea Alexander who will be
restarting classes at the Yoga Room in September. For more information please
contact classes@beaalexanderpilates.co.uk or call 07951 686 322

Thanks to you all for your continued commitment!

Om shanti
Ro x

BOOKING FORM

Please fill out booking form below if you wish to book for the Autumn term.

I enclose full payment of _____ to confirm my place.

Cash, balance transfer (bank details below) or Cheque, made payable to 'Rowena Warren'. Please return form to Rowena or send to 19/11 Balfour Street Edinburgh EH6 5DG

(Please circle chosen course below)

Autumn Schedule (8 weeks) 31st August, finishing on the 26th October

Monday:	6:00 pm 7:15pm	Level 1 Led class
Tuesday:	6:00pm 7:00pm	Beginner Mysore
Wednesday	5:45pm 7:15 pm	Mysore led class
Thursday:	6:00pm	led class*
Friday	6:00pm	Mysore

**Sunday led primary series class:
27th September, 25th October @ 11am.**

Prices:

8 week block: £64.00/58.00 concession for the beginner's course. All other courses are £72.00/65.00Concession.

Concessions are offered to: students, oaps, unemployed, local businesses and Yoga Teachers.

Unlimited entry pass! £125.00 for the 8 week block. This pass entitles the bearer to any ro-yoga ashtanga class, at any time, on any day

Name:

Address:.....**Tel**.....
.....**Email**.....

Payment by cash, cheque or balance transfer only

Account number: 68023637

Sort code: 09-1-26

Name: Rowena Warren/ (Abbey Bank)

Terms and conditions: Please note that **all classes are non-refundable**. Occasional refunds **may** be granted in exceptional circumstances and at the discretion of Rowena Warren at ro-yoga.