

Dear all,

I hope you have all had a wonderful summer. Mine was busy with classes and Yoga Room improvements – namely the new paint job!

Apologies for cancelling the annual Yoga Room party in August. I am going to have a Christmas party instead on the 26th November. More details will be announced later in the year.

Information for next term:

There will be a week off: 20th – 28th August for a summer holiday. Further to this, there will be an 8 week block on the 29th August – 21st October. These dates are for all classes with the exception of the beginner course. This will start on the 6th September and will run until the 25th October.

The Thursday 6pm led class will be at the Drill Hall on every Thursday night EXCEPT Thursday the 8th of September. For this night, it will be held at the Yoga Room. Note this date!

New class!

There will be a new Saturday 'full led primary series' class once a month @ 11am at the Yoga Room. The dates for this term will be: 10th September and 15th October.

Anyone who has purchased a pass can use it for this class. You cannot use the Saturday class to catch-up on any missed classes. The fee for anyone wishing to do the Saturday class will be £10.00 for regular students and £13.00 for anyone else.

Retreat:

I only have 4 spaces remaining on the retreat in Stronachlachar on the 6th – 8th November. A £50.00 deposit will secure your space. Book through me as soon as you can if you would like to come! Or for more information see www.ro-yoga.com

Massage:

I now have two massage Therapists working from the Yoga Room; Mirium Kausch and Rob Gilles. Both come highly recommended by me! Their information can be found on the 'massage and workshop' page of my website. There is also money off vouchers on the table at the front of the studio to get a discounted rate with both Therapists.

Rainbow Yoga training:

The dates for the rainbow yoga training are now the: 23/24/25th September. There are still a few spaces remaining. Further details can be found on: www.rainbowkidsyoga.net

You can keep up-to-date with all ro-yoga goings on by becoming my friend on facebook. Also, 'follow' my blog on www.ro-yoga.com.

See you all on the mat in autumn!

BOOKING FORM

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

I enclose full payment of _____ to confirm my place. Please select how you have paid (tick one):

Cash

Cheque

BACs

Cash or Cheques should be payable to 'Rowena Warren'. Please return the booking form to Rowena or send to:

The Loaning, Ramoyle, Dunblane FK15 0BD

Balance transfer payment should be made to:

Bank: Santander

Account number: 42792091

Sort code: 09-01-27

Autumn Schedule - 8 weeks, 29th August – 21st October

Please circle chosen course below:

Beginner course: Tuesday the 6th September – 25th October

Monday: 6.00 pm Level 1
7.15pm Led
Tuesday: 6.00pm Beginner (from 6th September)
7.00pm Mysore
Wednesday: 5.45pm Mysore
Thursday: 6.00pm led class
Friday 6.00pm Mysore
Saturday classes: 10th September and 15th October

Prices:

£72.00 / (£70.00 concession) for the 8 week beginner's course.

£76.00 / (£72.00 concession) for all other 8 week courses.

£10.00 per class for regulars / £13.00 for everyone else.

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:.....

Email: (only applies if I don't have information already)

.....

Tel.....

Terms and conditions:

Please note that all classes are non-refundable and non transferable. Please note Ro-Yoga accepts no liability for any injury caused during Yoga Classes.