



Hello everyone!

What a busy summer it has been! The Yoga Room has hosted various workshops including the final four days of the Post Graduate Chavutti Thirumal course and I am now ready and eager to practice this amazing technique on any willing bodies.

If you would like a treatment, please let me know as I am in need of case studies to complete the course and to receive my final qualification.

My fellow students on the course and I will also be running a 5 day treatment schedule over the festival from the 16th August and I will be taking bookings forthwith. Check out my website for further information and to book.

Please remember to RSVP if you would like to come to my party on the 14th August. I will be supplying lots of food, so just bring a bottle; the party will kick off at 8pm.

This is a great way to meet and socialise with your fellow yogis. Let me know if you are coming so that I can prepare enough food for the event. Sadly, the Karaoke Master of Ceremonies has had to withdraw from his role on the night. If anyone else would like to sing/dance or 'do a turn' please let me know.

Information for the Autumn Term:

The current term finishes on the 13th August and there will then be a closure for two weeks. The new 8 week term will start on the 30th August – 22nd October. All of the fees and schedule will stay the same.

As most of you know, I am to be wed on the 26th September and will be taking a week as a honeymoon break thereafter. I just wanted to emphasise that this will make no difference to the schedule as I will obtain cover during my week off and will return to classes on the 4th October.

The Thursday 6pm led class on the 2nd September and the 21st October will be at the Yoga Room. All other classes will be at the Drill Hall in Dalmeny Street. I have a number of people interested in running yoga workshops during the autumn term, so I will keep you posted on that.

Melissa Wasserfall is confirmed to teach a handstand / arm balance/Bandha workshop on the 19th September. This is a wonderful opportunity to practice with a very experienced Teacher. Please check my website for further details and for booking.

Please fill out the form below to book and I look forward to seeing you all in the autumn. Keep up the practice!

Ro X

BOOKING FORM

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

I enclose full payment of _____ to confirm my place.

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

Please circle chosen course below:

Autumn Schedule 8 weeks, 30th August – 22nd October 2010

Monday: 6.00 pm Level 1
7.15pm Led

Tuesday: 6.00pm Beginner
7.00pm Mysore

Wednesday: 5.45pm Mysore

Thursday: 6.00pm led class *

Friday 6.00pm Mysore

* The Thursday 6pm led class on the 2nd September and the 21st October will be at the Yoga Room. All other classes will be at the Drill Hall in Dalmeny Street.

Prices:

£64.00/ (£58.00 concession) for the 8 week beginner's course.

£72.00/ (£65.00 concession) for all other 8 week courses.

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

Unlimited entry pass! £120.00 for the 8 week block. This pass entitles the bearer to any ro-yoga ashtanga class, at any time, on any day.

Name:.....

Email:.....

Tel.....

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.