

Ro-yoga

Dear all,

Summer is here and I am already feeling the benefits of the sunshine and longer days. I always feel more inspired to do yoga at this time of year and my practice seems to transform with a new found energy.

2010 has been a fantastic year at the Yoga Room with more and more people turning to the amazing yoga practice to stay fit and healthy.

I am proud to be approaching the 3rd birthday at the Yoga Room and will be throwing another party to celebrate this occasion.

The party will be held on Saturday the 14th August at the Yoga Room and will be complete with a Karaoke hosted by the fabulous Alan Munro, so please come in good voice. Or, if you don't wish to participate, please bring your earplugs!

Food will be plentiful so just BYOB. All welcome from 8pm. Can you please be sure to RSVP when you are confirming your booking for next term so that I know how much food to prepare. The acceptance information is on my booking form below.

Information for next term:

There will be a week off on the 14th – 20th June for a summer holiday. Further to this there will be an 8 week block on the 21st June – 15th August.

The schedule will stay the same over this period and all prices will stay the same.

The Thursday 6pm led class will be held at the Drill Hall as usual for the 1st 3 weeks. Then, classes thereafter will be moved to the Yoga Room until the end of the term

For those of you that have booked a holiday over this period, I will allow you to transfer any missed classes over to the next term **as long as you book and pay for the next block of classes in the autumn**. So, if you are taking a two week break, you can make-up these missed classes in the next block. **Classes must be used within this time frame and cannot be made up in the winter term.**

I am excited to announce that Melissa Wasserfall will be hosting a workshop in Bandhas on the 19th September. See my website for booking details.

The retreat on the 19th November now has 5 spaces remaining. If you wish to reserve your spot, you can do so with a £50.00 deposit.

Fingers crossed for sunshine and long summer days!

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:

Summer Schedule - 8 weeks, 21st June – 12th August 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

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.....

Delete as appropriate:

I will/will not be coming to the Yoga room birthday party on the 13/08/10
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.

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- 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.
- Please note it is your responsibility to ensure you have no health issues that may put you at risk while practicing yoga and where necessary seek necessary advice from your GP
- Please note, if you are pregnant you must advise Rowena immediately.
- Please note by signing up for any classes at the Yoga Room you expressly agree to the above terms and conditions.