



**Dear all,**

We are almost at the end of the Autumn term and I can't believe that winter is just around the corner!

I have had to postpone my annual Christmas party because I have booked the studio out for every weekend in December – apologies! I will have a party early next year; at a time when we are all in need of a good night out anyway to help us get through the bleak month of January.

The winter retreat is now full with a waitlist. Let me know if you wish to be added to this. Alternatively, I am running another to the same location on the 5th/6th March. Your place can be held with a small deposit, so let me know if you are keen to join us.

The schedule for the winter term will stay the same and it will be an 8 week block again. The 1st Thursday 6pm class will be at the Yoga Room and then will return to the Drill Hall for the remainder of the block.

I will be teaching all classes until the 18th November. Further to this, the Wednesday 7.15pm class will be led by a new teacher Lynne Jackson. I am excited to welcome her to the Yoga Room please check her biog out on my website: [www.ro-yoga.com](http://www.ro-yoga.com).

I also keep my blog up to date, so please check it out if you want to see what I have been up to and for all the latest Yoga Room updates!

I have attached the booking form; fill out and return with payment as soon as you can to guarantee a spot on your chosen course.

See you next block!  
Om Shanti

Ro x

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

I enclose full payment of \_\_\_\_\_ to confirm my place.  
Cash or Cheques payable to 'Rowena Warren'. Please return form to Rowena or send to 19/11 Balfour Street Edinburgh EH6 5DG  
(please circle chosen course below)

**Winter Schedule (8 weeks) - 26<sup>th</sup> October – 18<sup>th</sup> December**

Monday:	6.00 pm	Level 1
	7.15pm	Mysore/led
Tuesday:	6.00pm	Beginner
	7.00pm	Mysore
Wednesday	5.45pm	Mysore
	7.15	led class
Thursday:	6.00pm	led class*
Friday	6.00pm	Mysore

**Sunday led primary series class:  
29<sup>th</sup> November 6<sup>th</sup> December @ 11am**

**Prices:**

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

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 – including the led primary series classes on the:  
@ 11am

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

Payment by cash, cheque or balance transfer only.

Account number: 68023637  
Sort code: 09-01-26

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.

Om Shanti

Ro x

