

Ro-yoga

Dear all,

Christmas is just around the corner and we have endured some particularly bad weather so far! Thank you all for showing such a strong commitment to your yoga practice; it is definitely more difficult when it is so cold and dark outside.

Thank you also to those of you that came on the last retreat in November. I am looking forward to the March retreat already. This is scheduled in for the 5th - 7th March at the same location in Stronachlacher and is now full! Please let me know if you would like to go on the wait list.

The weekend entails beautiful, nourishing food, relaxing massage and two sessions of yoga a day..... a great way to detox after the excess of the festive period.

Schedule at the Yoga Room 2010:

The schedule for the winter/spring term will differ slightly. I am canceling the Wednesday 7.15pm class.

This will be replaced by a beginner Belly dancing class with Shelly Skipper - please see my website for further details of this.

The winter block will be 11 weeks, from the 4th January - 26th March. I will be having a half term week off on the 1st March.

Drill Hall class:

The Thursday 6pm class will continue at the Drill hall, with one class scheduled to be at the Yoga Room on the **18th February**. Please take note of this date if you are a Thursday regular!

Booking:

Please note that I have a **new bank account**. If you are paying on line, please use the new details:

Bank:	Abbey
Account number:	42792091
Sort code:	09-01-27

I will be teaching all classes in the winter/spring term. Occasional classes will be subbed by Lynne Jackson. I hope that you have all met her by now and have enjoyed her teaching.

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 etc!

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. New year is a notoriously busy time for classes (lots of New Year resolutions are made at this time to get fit and healthy!) and i expect it to be busier with the cancellation of the Wednesday led class.

Please book as soon as you can to ensure that you too can fulfill your New Years resolution!

Warmest winter wishes,
Om Shanti

Ro x

BOOKING FORM

Please fill out booking form below if you wish to book for the Winter/Spring 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/Spring Schedule (11 weeks)

4th January- 26th March (with 1 week off on the 1st March).

Day	Time	Level
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:

11week block:

£88.00/(78.00 concession) for the beginner's course.

£99.00/(89.00 concession) for all other courses.

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

Unlimited entry pass! £170.00 for the 11 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: 42792091

Sort code: 09-01-27

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.