

## Dear all,

Christmas is fast approaching! As we run about and succumb to the mad rounds of socialising and shopping, we very often neglect our health. Practicing yoga can help us to feel less frazzled during the winter period. Make doing a regular yoga practice your New Year's resolution!

### Information for next term

The Yoga Room will be closed for 3 weeks during the winter period from the 17<sup>th</sup> December – 8<sup>th</sup> January.

Further to this, there will be a 9 week block, starting on the 9<sup>th</sup> January - 9<sup>th</sup> March.

These dates are for all classes **with the exception of the beginner course**. This will be 10 weeks, starting on the 10<sup>th</sup> January - 6<sup>th</sup> March 2012.

The Thursday 6pm led class will be at the Drill Hall on every Thursday night EXCEPT Thursday 16<sup>th</sup> February. For this night only, it will be held at the Yoga Room. Note this date!

Yvonne will continue teaching the Wednesday 17:45 class for the winter / spring term. I hope you have all enjoyed her teaching!

### Exciting new classes for 2012!

The Saturday 'full led primary series' classes will continue once a month @ 11am at the Yoga room. The dates for this term will be: 21<sup>st</sup> January, 25<sup>th</sup> February, 17<sup>th</sup> March and 7<sup>th</sup> April.

In addition to this, I am launching a new 'Rocket Series class' also on a Saturday, once a month @ 11am. This will be taught by Stacey Metcalf and will consist of a sequence of poses from the primary series AND 2<sup>nd</sup> series.

The dates for this will be:

14<sup>th</sup> January and 4<sup>th</sup> February.

Anyone who has purchased a pass can use it for the Saturday 11am classes. You **cannot** use the Saturday classes 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.

I am delighted to announce that Jo Hatton from Yoga bellies will be launching a pregnancy class on a Wednesday night at 19.30 - 21.00 hrs. This will start on the 15<sup>th</sup> February and the 1<sup>st</sup> block will run for 8 weeks. For more information contact: [jo@yogabellies.co.uk](mailto:jo@yogabellies.co.uk)

She will also be starting a Kid's yoga class on Saturday's at 12.30pm. This will start on the 18<sup>th</sup> February. Contact Jo on [jo@yogabellies.co.uk](mailto:jo@yogabellies.co.uk) for booking details. There is also more information on my website [www.ro-yoga.com](http://www.ro-yoga.com)

### Retreat

The dates for my next retreat in Stronachlachar are the on the 23<sup>rd</sup>, 24<sup>th</sup> and 25<sup>th</sup> March 2012. I have already taken a number of bookings, so book soon to ensure a spot! A £50.00 deposit will secure your space. Book through me as soon as you can if you would like to come!

### Massage:

Miriam Kausch will continue to practice at the Yoga Room and now has gift vouchers for treatments. Her information can be found on the 'massage' page of my website.

**Please book** asap to ensure that you get a spot on your chosen course. The Monday 18:00, Tuesday 19:00 and the Wednesday 19:45 were all full in the autumn, so book very soon if you want a spot on any of these classes in 2012!

As you know, I am not hugely commercial and I refrain from big advertising campaigns. The feedback from you guys is that you prefer not to be constantly bombarded with information and I intend to keep it this way.

I have, however set up a Facebook page so that you can keep up to date with all the goings on at the Yoga Room, so please search for The Yoga Room of Facebook and 'like me'!

See you in 2012, I hope you have a wonderful Xmas season!  
Ro xx

**BOOKING FORM**

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:**

**Winter / spring schedule - 9 weeks, 9<sup>th</sup> January – 9<sup>th</sup> March 2012.**

Beginner course: Tuesday the 10<sup>th</sup> January – 16<sup>th</sup> March.

Monday: 6.00 pm Level 1

7.15pm Led

Tuesday: 6.00pm Beginner (10 week term)

7.00pm Mysore

Wednesday: 5.45pm Mysore

Thursday: 6.00pm led class

Friday 6.00pm Mysore

**Saturday classes**

Led class: 21<sup>st</sup> January. 25<sup>th</sup> February, 17<sup>th</sup> March, 7<sup>th</sup> April

Rocket class: 14<sup>th</sup> January and 4<sup>th</sup> February.

**Prices:**

£90.00/ (£85.00 concession) for the 10 week beginner's course.

£85.50/ (£81.00 concession) for all other 9 week courses.

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

Concessions are offered to: students, unemployed and oaps.

Unlimited entry pass! £140.00 for the 9 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.

Please note it is your responsibility to ensure you are physically fit enough to partake in all classes

Please note you should inform your teacher immediately if you are pregnant