

## Dear all,

Winter is just around the corner. This year has flown in!

I had hoped to reschedule the annual Yoga Room party to a date in November however my intentions have been thwarted once again due to the Yoga Room being extremely busy over the weekends. Sadly, it looks like I will have to postpone it again until the New Year. Apologies!

### Information for next term:

The new winter term starts on the **24<sup>th</sup> October**. It will be 8 weeks, finishing on the **16<sup>th</sup> December**.

This is with the exception of the beginner course. This will start on the **1<sup>st</sup> November** and will finish on the **20<sup>th</sup> December** (8 weeks).

The fees and schedule will stay the same.

Yvonne Austen will be teaching the Wednesday 17:45 class for the winter term. This will give me a day to catch up on admin and will also reduce my commuting hours in the winter. I expect most of you have met her by now and I hope you are enjoying her teaching. Her bio can soon be found on my website if you would like to know more about her teaching and past experience of yoga.

The Thursday 6pm led class will be at the Drill Hall on every Thursday night **except** Thursday 27th of October, on this night it will be held at the Yoga Room. Note this date!

### Saturday class!

The 'full led primary series' class will continue once a month @ 11am at the Yoga Room. The dates for this term will be: November 26<sup>th</sup> and December 17<sup>th</sup>.

Anyone who has purchased a pass can use it for this class. You cannot use the Saturday class 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.

### Retreat:

The retreat is now full. If you would like to be put on the waitlist, please let me know.

You can keep up-to-date with all ro-yoga goings on by becoming my friend on facebook. Also, 'follow' my blog on [www.ro-yoga.com](http://www.ro-yoga.com).

### Keep up the practice!

## BOOKING FORM

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

I enclose full payment of \_\_\_\_\_ to confirm my place. Please select how you have paid (tick one):

Cash

Cheque

BACs

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

### Winter Schedule - 8 weeks, 24<sup>th</sup> October – 20<sup>th</sup> December

Please circle chosen course below:

Beginner course: Tuesday the 1<sup>st</sup> November – 20<sup>th</sup> December

Monday: 6.00 pm Level 1  
7.15pm Led

Tuesday: 6.00pm Beginner (from 1st November)  
7.00pm Mysore

Wednesday: 5.45pm Mysore

Thursday: 6.00pm led class

Friday 6.00pm Mysore

Saturday classes: November 26<sup>th</sup> and December 17<sup>th</sup>

### Prices:

£72.00 / (£70.00 concession) for the 8 week beginner's course.

£76.00 / (£72.00 concession) for all other 8 week courses.

Saturday drop-in:

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

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.

Name:.....

Email: ( only applies if I don't have information already)

.....

Tel.....

### Terms and conditions:

Please note that all classes are non-refundable and non transferable. Please note Ro-Yoga accepts no liability for any injury caused during Yoga Classes.