



Yoga & Pilates classes starting 6 March 2017

Please **tick below** which class(es) you wish to attend and also fill in the booking form overleaf.

PLEASE TICK ↓	EVENING	CLASS DESCRIPTION	TIME & DAY	START
	Hatha Yoga Intermediate	Dynamic flowing posture sequences, Static postures, Pranayama, Relaxation, Yoga Philosophy. For students with at least 2 years experience	Mondays 6.30pm – 8.00pm Capel Morris C Aylesford	Monday 6 March
	Evolution Pilates Beginners/Mixed Ability	Complete body workout with emphasis on strengthening abdominals and back. Suitable for beginners as well as more experienced students	Mondays 8.00pm – 9.15pm Capel Morris C Aylesford	Monday 6 March
	Evolution Pilates Beginners/Mixed Ability	Complete body workout with emphasis on strengthening abdominals and back. Suitable for beginners as well as more experienced students	Tuesdays 6.30pm - 7.45pm Capel Morris C Aylesford	Tuesday 7 March
	Hatha Yoga Beginners/ Mixed Ability	Simple flowing posture sequences, Static postures, Pranayama, Relaxation, Some Yoga Philosophy. No previous experience required.	Tuesdays 7.45pm – 9.15pm Capel Morris C Aylesford	Tuesday 7 March
	Evolution Pilates Complete Beginners Intro Class	Introduction to Pilates for Complete Beginners or those wanting a more gentle and slow class.	Thursdays 6.15pm-7.15pm Dance Studio, Malling School East Malling	Thursday 9 March
	NYPD – New Yoga Pilates Dance Mixed Ability	A great mix of ‘everything’ – Yoga, Dance, Pilates etc. Strength, flexibility, core stability, full body workout to fantastic music, deep relaxation. Great fun & Great fat burner!	Thursdays 7.15pm-8.15pm Dance Studio, Malling School East Malling	Thursday 9 March
	DAYTIME	CLASS DESCRIPTION	TIME & DAY	START
	Evolution Pilates Beginners/General (mainly over 60’s)	Gentle class for over 60’s. Complete body workout. Suitable for all levels. Relaxation at the end of the class.	Mondays 10.00am– 11.15am Capel Morris C Aylesford	Monday 6 March
	Evolution Pilates Beginners/Mixed Ability	Complete body workout with emphasis on strengthening abdominals and back Suitable for beginners as well as more experienced students	Thursdays 10am – 11.15am Capel Morris C Aylesford	Thursday 9 March
	Hatha Yoga Beginners/Mixed Ability	Simple flowing posture sequences, Static postures, Pranayama, Relaxation, Some Yoga Philosophy. No previous experience required.	Thursdays 11.20am-12.35pm Capel Morris C Aylesford	Thursday 9 March

- **PLEASE READ:**
- Classes run in 2 blocks of 8 and 7 weeks.: 6 March to 13 July 2017.
- Block 1: 6/3-11/5 Block 2: 15/5-13/7.
- **Monday Classes only:** Deduct £7.50/£8.50 for Bank H Mon 1 May. Booking for 2 blocks? Deduct £15/£17 for Bank H Mon 1 May and 29 May.
- No classes at Easter: Mon 17 April to Thu 27 April (starting again on Tue 2 May). No classes Bank Holiday Mondays 1 May and 29 May. No classes from Mon 19 June to Thu 29 June (Retreat in Sweden).
- You can make up for missed classes, during the block you have paid for, by coming along to any of my other classes.
- You cannot ‘carry over’ any missed classes to the following block.
- Your booking is only secure once we have received the booking form and payment. No refunds will be given except in exceptional circumstances when an administration charge will be made. No part payment of blocks.



BOOKING FORM – March 2017

Please tick which class(es) you want to book overleaf.

To secure your place, please make sure your booking/payment is in by 3 March the latest. Many thanks! ☺

FEE STRUCTURE (Please tick)		
1 CLASS PER WEEK:		
<input type="checkbox"/> 8 weeks x 1 class £68	<input type="checkbox"/> 15 weeks x 1 class £118	
2 CLASSES PER WEEK:		
<input type="checkbox"/> 8 weeks x 2 classes £127	<input type="checkbox"/> 15 weeks x 2 classes £220	
3 CLASSES PER WEEK:		
<input type="checkbox"/> 8 weeks x 3 classes £175	<input type="checkbox"/> 15 weeks x 3 classes £335	
FEE STRUCTURE FOR SENIOR CITIZENS – over 60's:		
1 CLASS PER WEEK:		
<input type="checkbox"/> 8 weeks x 1 class £60	<input type="checkbox"/> 15 weeks x 1 class £100	
2 CLASSES PER WEEK:		
<input type="checkbox"/> 8 weeks x 2 classes £108	<input type="checkbox"/> 15 weeks x 2 classes £202	
3 CLASSES PER WEEK:		
<input type="checkbox"/> 8 weeks x 3 classes £155	<input type="checkbox"/> 15 weeks x 3 classes £298	
NAME		
ADDRESS (including post code) <i>Current participants do not need to fill in address</i>		
TEL and EMAIL <i>Current participants do not need to fill in tel and email</i>		
How did you hear about Inner Light Yoga & Pilates Classes?		

Please send this form + payment (cheques payable to Rose-Marie Sorokin) to Inner Light Yoga & Health Co, 5 Mill Hall, Aylesford, Kent ME20 7JN.

You can also pay via bank transfer to:

Sort code: 205411. Account no: 70851132. Account holder: Rose-Marie Sorokin.

Please make sure that the course fee arrives in plenty of time before the course start.

Classes are held at the Capel Morris Centre, RBLI, Hall Road, Aylesford ME20 7NL and The Dance Studio, Malling School, Beech Road, East Malling ME19 6DH

Current class participants can bring form and payment to class, **before** the start of the next block. *Please note: If you are currently in my classes and have decided NOT to continue in the next block, please let me know as soon as possible so that I can offer your place to someone on my waiting list.*

Many thanks for your booking! All new class participants will receive a confirmation (with directions and what to bring) via email.

