

amanda latchmore

harrogate yoga

for well-being in mind body and soul

Class **Vinyasa Flow - Mornings**

At 31 York Place, Harrogate HG1 5RH

Day Wednesdays: September 19th – December 5th
no classes October 24th, 31st

Time 10.30am – 12.00pm

Cost £130.00

Early Bird offer for bookings before August 5th £125.00

Avoid eating for 2 hours beforehand. All equipment is provided but bring your own mat if you prefer. There is usually space to park on Princes Villa Road and surrounding streets, please avoid parking on the slip road on York Place.

This course is for experienced yoga practitioners, it includes breath awareness and gentle warming up exercises, gradually leading to more challenging *asana*. Amanda always aims to be accepting and non-judgmental so you'll feel comfortable and able to be yourself. By coming to yoga classes and cultivating home practice (Amanda's audio classes help with this) – your body will become strong and supple, so movement will become more pleasurable. As you learn to breathe with more ease, you'll sleep better and deal with stress better, helping you towards a happier, healthier life.

For more information and for downloadable classes to help you with your yoga practice www.harrogateyoga.com

Terms and conditions

The classes constitute a course; therefore the full amount is due including when classes are not attended. Fees are payable in advance and cannot be refunded or transferred.

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Booking Form Level 2 - Mornings

To book your place for next term please complete this form and a registration form and send them with a cheque for £130.00 payable to:

Amanda Latchmore 31 York Place Harrogate HG1 5RH. If you'd prefer to pay in 2 instalments, make one of the cheques post-dated for Oct. 1st. (not with offer)

To pay by BACS contact Amanda for bank details: www.harrogateyoga.com/contact-harrogate-yoga/

Name.....

Address.....

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Tel no.....email.....

How did you hear about this course?.....