



**Beginners Introduction to Yoga**

At 31 York Place Harrogate HG1 5RH  
Dates Wednesdays January 9<sup>th</sup> - March 13<sup>th</sup>  
No classes February 13<sup>th</sup>, 20<sup>th</sup>  
Times 6.30 – 8.00pm  
Cost £100 – includes free 'Beginning Yoga' audio download

Early Bird offer for bookings before December 10<sup>th</sup> £95.00

The classes introduce the basics of *yoga*, including breath awareness and gentle warming up exercises - gradually leading to more challenging movements. This course prepares you for continuation to Level 1 and Level 2. By continuing with *yoga* classes and cultivating home practice (Amanda's audio classes help with this) – your body will become stronger and more supple, so movement will become more pleasurable. As you learn to breathe with more ease, you will sleep better and deal with stress better, helping you towards a happier, healthier life.

*What Tim Chester-Williams said about this course:*  
"Just to let you know that I really enjoyed my first encounter with Yoga! Will be signing up to both classes for an intensive season next time."

Wear stretchy, non-restrictive clothing and avoid eating for 2 hours before coming to class. *There is usually space to park on Princes Villa Road and surrounding streets, please avoid parking on the slip road on York Place.*

For more information and for downloadable classes [www.harrogateyoga.com](http://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 non refundable.

**Booking Form Beginners Course**

In order to book your place for the next course, complete the form below and send it with a cheque for £100 payable to: Amanda Latchmore 31 York Place Harrogate HG1 5RH  
Or for details to make a BACS payment:  
<http://www.harrogateyoga.com/contact-harrogate-yoga/>

Name.....  
Address.....  
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Tel no.....email.....  
How did you hear about this course?.....