

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: January 9<sup>th</sup> – March 27<sup>th</sup>  
no class February 13<sup>th</sup> 20<sup>th</sup>

**Time** 10.30am – 12.00pm

**Cost** £130.00

Early Bird offer:  
bookings before December 4<sup>th</sup>  
**£125.00**

For a further **£5.00** off –  
recommend a friend to book  
on the Beginners Course

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.

*Avoid eating for 2 hours beforehand. All equipment is provided but you are welcome to 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.*

**For more information and for audio classes to help you with your yoga practice:**  
[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 payable in advance and cannot be refunded or transferred.

**Booking Form Spring Level 2 – Morning Class**

To book your place for next term please complete this form and a health 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 spread the cost, send 2 cheques – one to book your place and one post-dated February 2<sup>nd</sup>. (not with offer) To make a BACS payment contact Amanda for bank details through the contact page on [www.harrogateyoga.com](http://www.harrogateyoga.com)

Name.....

Address.....

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

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