

amanda latchmore

harrogate yoga

for well-being in mind body and soul

Class Yoga Gently

At 31 York Place, Harrogate HG1 5RH

Day Wednesdays: January 9th – March 27th
no classes February 13th 20th

Time 12.15 – 1.45pm

Cost £130.00

Early Bird offer: bookings before December 4th
£125.00
For a further **£5.00** off – recommend a friend to book on the Beginners course

This course is for all levels of ability including beginners. It is less physically challenging than other Harrogate Yoga classes. 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

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 Yoga Gently – Lunchtime 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 2nd. (not with offer) To make a BACS payment contact Amanda for bank details through the contact page on www.harrogateyoga.com

Name.....

Address.....

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

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