



Class **Yoga Gently**

At 31 York Place, Harrogate HG1 5RH

Day Wednesdays: September 11th – November 27th
no class October 23rd 30th

Time 12.15 – 1.45pm

Cost £130.00

Early Bird offer:
For bookings
before August 5th
£125.00

This course is for all levels of ability including beginners. It's 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 Summer 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 October 1st. (not with offer)

Or to make a BACS payment contact Amanda for bank details: www.harrogateyoga.com/contact-harrogate-yoga/

Name.....

Address.....

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

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