



**Class**      **Slow Flow Yoga – mornings**

**At**            31 York Place, Harrogate HG1 5RH

**Day**          Wednesdays: April 22<sup>nd</sup> – July 8<sup>th</sup>  
no classes May 27<sup>th</sup> June 3<sup>rd</sup>

**Time**        10.30am – 12.00pm

**Cost**        £130.00

Early Bird offer:  
for bookings  
before March 25<sup>th</sup>  
£125.00

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 Slow Flow Yoga – mornings**

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 June 1<sup>st</sup> (not with offer)

To pay by BACS contact Amanda for bank details: [www.harrogateyoga.com/contact-harrogate-yoga/](http://www.harrogateyoga.com/contact-harrogate-yoga/)

Name.....

Address.....

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

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