

amanda latchmore

harrogate yoga

for well-being in mind body and soul

**Class Slow Flow Yoga - evenings**

**At** 31 York Place HG1 5RH

**Dates** Tuesdays: April 21st – July 7<sup>th</sup>  
No classes May 26<sup>th</sup> June 2<sup>nd</sup>

**Time** 6.30 – 8.00pm

**Cost** £130.00

Early Bird offer:  
for bookings  
before March 24th  
£125.00

*Avoid eating for 2 hours beforehand. All equipment is provided but 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.*

This class is for people with some experience of yoga - 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.

**For more information and for audio classes to help 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 – evenings**

To book your place for the next course 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 post-dated June 1<sup>st</sup> (not with offer).

Or to make a BACS payment 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?.....