



**Class** *Clarity and Form*

**At** online

**Dates** Tuesdays: September 22<sup>nd</sup>, 29<sup>th</sup>, October 6<sup>th</sup>, 13<sup>th</sup>  
NB on September 22<sup>nd</sup> you will receive links to a pre-recorded video and for the subsequent live online classes

**Time** 6.30 – 7.30pm

**Cost** £40.00

**Note** If you're unable to attend a live online class, a recorded version will be available.

These classes are for people with some experience of yoga. The video sets out the theme – a somatic approach to yoga with a focus on the spine. The aim in the live online classes will be to explore the theme further - by finding optimal alignment through the bones, asana practice may then feel effortless!

**To view other new videos go to [www.harrogateyoga.com/downloads](http://www.harrogateyoga.com/downloads)**

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**Booking Form Clarity and Form - Tuesday evenings**

To book your place on this series of classes, please make a BACS payment of £40 and send an email to Amanda to confirm. To contact Amanda for bank details:

[www.harrogateyoga.com/contact-harrogate-yoga/](http://www.harrogateyoga.com/contact-harrogate-yoga/)

If you're a new student, please send Amanda a health form and contact details:

Name.....

Address.....

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Tel no.....

email.....

How did you hear about the classes?.....