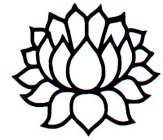


'Mind-Body Maintenance'

Practical Stress Management Solutions



Yoga Class booking form - December '09

All @ Body Mind Spirit Centre Alington Road Dorchester DT1 1QB

Places are limited to ten students in each group and priority is given to those who book early. To be sure of a place, please choose the day and level which suits you from the list below and enrol as soon as possible, using the tear off slip. If you are unable to attend one of your pre-booked sessions, you may drop into another class, no booking required and no extra fee necessary.

Mondays 6.00pm-7.15pm - Mixed Ability & 7.30pm to 8.45pm - Beginners	December 7 th , 14 th Ditto Dates/Fee	£12
Tuesdays 6.00pm-7.15pm - Intermediate	December 1 st , 8 th	£12
Fridays 9.30am- 10.45am - Mixed Ability	December 11 th	£6

Friday Beginners/Gentle/Remedial not running at present, but can do One 2 One

Katy Murrell dip. BWY AOSM PRTSI

01305 262253 / 07966 308154

www.mind-bodymaintenance.co.uk / katy@mind-bodymaintenance.co.uk

Please cut here.....

DEC '09

Class Booked please circle: Mon Mixed/Mon Beginners/Tues Intermediate/Fri Mixed

Name.....

Amount cheque:.....**(payable to K Murrell)** or cash:.....

If new or contact details changed:

Address.....

Postcode.....Day-time phone.....

Evening phone.....Mobile.....

E mail.....

'Mind-Body Maintenance' PO Box 7293 Dorchester DT1 9FA