



# 'Mind-Body Maintenance'

Practical Stress Management Solutions

## Yoga class booking Form - Jan 2012

**Body Mind Spirit Centre, Jonson Trading Park, 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/Beginners** Jan 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> **£28**

**Tuesdays** 6.00pm - 7.15pm **Mixed Ability** Jan 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> **£28**

**Fridays** 9.30am - 10.45am **Mixed Ability** Jan 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> **£28**

**Saturday** 9.30am -12.30pm **Back Care Pamper Workshop** Jan 28<sup>th</sup> **£25**  
or early Bird Booking before 7<sup>th</sup> Jan **£20**

**Katy Murrell dip. BWY AOSM PRTSI**

**01305 262253 / 07966 308154**

[www.mind-bodymaintenance.co.uk](http://www.mind-bodymaintenance.co.uk) / [katy@mind-bodymaintenance.co.uk](mailto:katy@mind-bodymaintenance.co.uk)

**Please cut here.....**

**Sessions booked please circle: Jan 2012**

**Monday: Mixed Ability & Beginners / Tuesday: Mixed Ability / Friday: Mixed Ability / Back Care Pamper Workshop**

Name.....

Value of Cheque..... (payable to K Murrell) cash.....

**If new or contact details changed:**

Address.....

.....

Postcode.....day-time phone.....

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

E mail.....

**Please send ASAP to 'Mind-Body Maintenance' PO Box 7293 Dorchester DT1 9FA**