



'Mind-Body Maintenance'

Summer Yoga Classes & Booking form for September 2010

Drop in summer Yoga classes are held at St Georges Church Hall Fordington Green

Mixed Ability - Wednesday mornings - 10.00am to 11.30am - £6

Dates & teachers (all British Wheel of Yoga trained)

Wed 21st July - Sharon Cox

Wed 28th July - Jilly Weaver

Wed 4th August - Katy Murrell

Wed 11th August - Marj Snape

Wed 18th August - Nancy Chantrell

Wed 25th August Lea Brindle

Classes from September at Body Mind Spirit Centre:

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** **Sept 13th, 20th, 27th £18**
7.30pm- 8.45pm-**Beginners** **Ditto**

Tuesdays 6.00pm-7.15pm- **Intermediate** **Sept 14th, 21st, 28th £18**

Fridays 9.30am- 10.45am- **Mixed Ability** **Sept 10th, 17th, 24th, £18**

Katy Murrell dip. BWY AOSM PRTSI

01305 262253 / 07966 308154

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

Please cut here.....

Sessions booked please circle: **September '10**

Mon Mixed or Beginners / Tues Intermediate / Fri Mixed

Name.....

Please Indicate 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