



Lotus & Laurel
Yoga

AFTER SCHOOL YOGA CLUB

Tuesday 3.30-4.30pm
Thursday 2.45-3.45pm

These classes are perfect for all students, regardless of ability or experience, and are great to use as a physical skill for Duke of Edinburgh Bronze and Silver.

TERM DATES: Tues: 14/1 – 11/2 (excluding w/c 27/1) & 25/2 – 24/3
(pse email for waitlist – spaces do come up)
Thurs: 16/1 – 13/2 (excluding w/c 27/1) & 27/2 – 26/3

PAYMENT: Cash, Cheque (T Moxon) or BACS (pse email for bank details)

VENUE: Dance Studio

COSTS: £40.00 for the full term

Focusing on inner strength, improving posture and wellbeing, we finish the session with meditation and relaxation. All abilities are welcomed in this fun and interactive learning space.

Please do get in touch if you have any questions; contact details below. (Please note sessions unattended are not refundable) To book, please email your space and bring form to your first session



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Namaste

Tina

E: tina@lotusandlaurelyoga.co.uk T: 07952 312057 W: www.lotusandlaurelyoga.co.uk

Name	DOB
Emergency Contact	Class
Health Concerns (confidential)	
Parent/Guardian Signature	BACS/CHEQUE/CASH (pse circle)
Parent/Guardian email	TUESDAY/THURSDAY (pse circle)

