

Somerset Yoga Classes

Nick Long

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2010/11 Term 1/2 Booking Form

Beginners/General Class - Blagdon Lakewood Centre - Thursdays - 9.30-11.00am

I would appreciate if students could please book classes in advance. You can choose the whole term or pick individual dates – either way, please could you return bookings and payments by/on the first class on 9th September (new starters are welcome to pay when they come to the class anytime during the term). Please tick the dates you will attend class below. The £6 and £7 rates only apply if you pre-book the full term or full half-term respectively.

	Cost per class	Tick choice	Total	Tick choice
Full Term (14 classes)	£6	<input type="checkbox"/>	£84	
First Half Term (7 classes)	£7	<input type="checkbox"/>	£49	
Second Half Term (7 classes)	£7	<input type="checkbox"/>	£49	
Or pay by the class	£8			
	<i>First Half Term:</i>			<i>Second Half Term:</i>
	9 Sep	<input type="checkbox"/>	£8	<input type="checkbox"/> 4 Nov
	16 Sep	<input type="checkbox"/>	£8	<input type="checkbox"/> 11 Nov
	23 Sep	<input type="checkbox"/>	£8	<input type="checkbox"/> 18 Nov
	30 Sep	<input type="checkbox"/>	£8	<input type="checkbox"/> 25 Nov
	7 Oct	<input type="checkbox"/>	£8	<input type="checkbox"/> 2 Dec
	14 Oct	<input type="checkbox"/>	£8	<input type="checkbox"/> 9 Dec
	21 Oct	<input type="checkbox"/>	£8	<input type="checkbox"/> 16 Dec

Please pay by cash or cheque only (cheques payable to "Life Long Ltd") and return this page with payment to: Nick Long, Little Court, Grib Lane, Blagdon, North Somerset BS40 7SA.

Your Name	
Email / Telephone	
Health Declaration Form Attached (please circle)	Yes / Returned One Previously / No

Please ensure that I have a completed Health Declaration Form from you before the first class.

Class Details

Equipment

- Everyone needs to bring their own yoga mat (if you are a beginner and wish to try out yoga classes before purchasing a mat, I can provide a mat for your first few classes).
- Please could I encourage everyone who is now coming to Iyengar Yoga classes regularly, including those of you that have been coming to my classes for over a term, to buy your own yoga equipment (I recommend www.yogamatters.com).

Clothing

- Please wear anything comfortable, such as a T-shirt and shorts or leggings, loose trousers and a top. You will not need footwear or socks once you are in the class as yoga is done with bare feet.

Remember

- Not to eat before the class (big meal: 4 hours, snack: 1.5 hours before).
- To inform the teacher of any medical conditions (if they are not already stated on your Health Declaration).