

# Booking Form Summer 2021

Name					
Telephone:		Email address:			
Please complete/update health questionnaire if there are any changes in your health.		Day/Time	Sessions/ Cost	Tick/Y	Amount
<b>Weekly Online Yoga Groups*</b>		<b>NO SESSION MONDAY 3<sup>RD</sup> MAY, OR W/C 31<sup>ST</sup> MAY.</b>			
<b>Mindful Yoga THERAPY &amp; Relaxation</b> Gentle, therapeutic, and restorative – mostly lying 12 <sup>th</sup> April 2021 - 19 <sup>th</sup> July 2021		Monday 6.00-7.15pm	13 / £130*		
<b>Mindful Yoga &amp; Relaxation, Mixed ability</b> Relax, unwind, reconnect – standing to lying poses & relax 12 <sup>th</sup> April 2021 - 19 <sup>th</sup> July 2021		Monday 7.45- 9.00 pm	13/ £130*		
<b>Chair Yoga – Yoga for the gentle years</b> Gentle, safe, and fun - no lying or kneeling 13 <sup>th</sup> April 2021 - 13 <sup>th</sup> July 2021		Tuesday 10.30- 11.30am	13 / £78*		
<b>Connection &amp; Healing Circle for Women</b> 13 <sup>th</sup> April 2021 - 13 <sup>th</sup> July 2021 True peace is found on the other side of our challenges. Explore and heal what is holding you back in a safe, loving space. Numbers are limited.		Tuesday 8.00-9.00pm	13 / £195* Drop in £20 per class		
<b>Recovery Yoga</b> 14 <sup>th</sup> April 2021 – 14 <sup>th</sup> July 2021 Support and empower you to healthy body, mind & soul.		Wednesday 6.00- 7.30pm	13/ £130*		
<b>YOGA PLUS – beyond the postures</b> 14 <sup>th</sup> April 2021 – 14 <sup>th</sup> July 2021 A gentle, nurturing session to return you to harmony and peace. Includes sound bath, relaxation, energy balancing and healing.		Wednesday 8.00-9.00pm	13 / £130* or Drop in £15 per class		
<b>Voice &amp; Sound Meditation – 2<sup>nd</sup> Friday Back in September</b>		Friday 8.00-9.00pm			
<b>Finding Freedom – A support and development group for parents of addicts</b>		<a href="#">Please contact me</a>	<a href="#">Please contact me</a>		
<b>Booking for full term - Fees are non-refundable</b>			<b>Total**</b>		

## \*Payment:

- Bank transfer – 6<sup>th</sup> April PLEASE [EMAIL](#) FOR DETAILS
- PayPal - 6<sup>th</sup> April, friends, and family option to [suzan@suzanjoywells.co.uk](mailto:suzan@suzanjoywells.co.uk)
- Cheque dated 6<sup>th</sup> April - please MAIL for new address

monthly payment plan – please set up a direct debit for 6<sup>th</sup> Apr, 6<sup>th</sup> May, 6<sup>th</sup> June, 6<sup>th</sup> July for £33 (£132) and email me to confirm

**\*\*Financial support** – If you will benefit from the classes, are committed to attend regularly and have a genuine financial issue please donate what you can – this is confidential – please email me to reserve your place. Please respect this policy and keep for those in genuine need.