

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
Weekly Online Groups*					
Group class membership includes all online classes below from 13 th September – 13 th December 2021		Please contact me	contact me		
* IN-PERSON WORKSHOP - 25 th September Buckland Village Hall, HP22 5HU		Saturday 3.00-6.00pm	1/£35		
* Mindful Yoga THERAPY & Relaxation - 13 th Sep – 13 th Dec 2021 Gentle, therapeutic, and restorative – mostly lying.		Monday 6.00-7.15pm	14 /£168		
* Mindful Yoga & Relaxation 13 th Sep – 13 th Dec 2021 Relax, unwind, reconnect – from standing to lying & relaxation.		Monday 7.45-9.00 pm	14 /£168		
* Chair Yoga – For the gentle years - 14 th Sep – 14 th Dec 2021 Gentle, safe, fun, and friendly group - no lying or kneeling		Tuesday 10.30-11.30am	14 /£140		
* Yoga for Recovery - 15 th Sept – 15 th Dec 2021 Holistic healing of body, mind, spirit - rebalance and navigate life -challenges/change/traumas, includes sharing and support.		Wednesday 6.00- 7.30pm	14 /£168		
* RELAXATION, SOUND BATH/HEALING - 15/9/21-15/12/21 A gentle, nurturing session to return you to harmony and peace. Includes sound bath, relaxation, energy balancing and healing.		Wednesday 8.00-9.00pm	14 /£168 1/£16		
* Sharing & Spiritual Connections - 10 Sep, 8 Oct, 5 Nov, 10 Dec Connect with like-minded folk, be seen, heard and have fun.		Friday 6.30-7.30pm	4 /£48		
* Voice & Sound Meditation - 10 Sep, 8 Oct, 5 Nov, 10 Dec Toning and chants followed by sound bath.		Friday 8.00-9.00pm	4 /£48		
* Healing, Processing & Transformation WORKSHOP (Women) Saturday 11 th Sept online Small groups Saturday 13 th November online		Saturday 10-1.00pm	1/£45		
* Finding Freedom – For parents of addicts.					
Private yoga 1 to 1 classes tailored to your needs/interests		Please contact me Please contact me			
Coaching, Healing, and Transformation					
Supervision for Spiritual Healers & Therapists					
Donation /sponsorship to assist those with financial difficulty**					
Booking for full term - Fees are non-refundable **			Total		

*Payment: see next page.

Booking Form Autumn 2021 - Payment details

- **Bank transfer** – on booking for full amount (bank details are unchanged – account ends in 44)
- **PayPal** – on booking for full amount, **friends, and family option** to suzan@suzanjoywells.co.uk
- Cheque for full amount dated 6th September POSTED on booking, confirms your place - please EMAIL for my new address
OR 4 cheques post-dated to 6th September, 6th Oct, 6th Nov, 6th Dec each for £42. (chair yoga 4 cheques for £35) I will email when received
- Monthly payment plan – please set up a **direct debit** £42 for a regular weekly yoga class payment dates 6th Sept, 6th Oct, 6th Nov, 6th Dec for £42 (£168) and email me to confirm

Booking for full term - Fees are non-refundable.

****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.

If you feel inspired to 'sponsor' a full or part place this will be gratefully received. Simply add to your payment.