



## DAYTIME YOGA CLASS DETAILS

### AUTUMN TERM 2020

#### Autumn Term Classes

Welcome back! I hope you have had a lovely summer. It's lovely to be able to teach face to face again. In all my classes the numbers are strictly limited so that social distancing can be observed, and touch points will be wiped down before and after each class. Please ensure that you have your own yoga mat, and any other equipment you may need. I am happy to order anything you require including mats, blocks, eye pillow, belts, etc. Priority for the classes will be given to those booking termly. I am also continuing with online classes, which you can also book via my website. These are uploaded weekly and E mailed to you to do at your own convenience.

Courses run every term and the classes are 1 hour. Autumn term classes are detailed below. All daytime classes are booked and paid for in advance.

Monday 7th September 2020 – Thursday 17th December 2020:

Monday      9.30 am – 10.30 am                      All Levels

Monday class held at Ibsley Village Hall, Ibsley, BH24 3NL

Please note: There will be no Monday classes on 28th September or 19th October as the hall is previously booked or during half term on Monday 26th October.

Thursday    10.30 am – 11.30 am                      All Levels

Thursday class held at Ellingham Village Hall, Ellingham Dr, Ellingham BH243PJ

Please note: There will be no classes during half term on Thursday 29th October.

#### Autumn Term Fees

Mondays 12 weeks = £96.00.

Thursdays 14 weeks = £112.

Payment due on or before W/C 7th September 2020

Payment can be made by:

- Cash or Cheque: Payable to Sarah Irwin
- Direct Payment: For details, please contact me.
- Via website at <https://www.ringwoodyoga.co.uk/book-now>
- There is an option to 'drop in' to classes if there are spaces, which are bookable online for £8.50 per session. <https://www.ringwoodyoga.co.uk/book-now>