

YOGA BOOKING FORM

NAME:.....

ADDRESS:.....

.....

POST CODE:.....

AGE:.....
(11 to 15 only and must be accompanied by and parent/carer)

TEL No:.....

MOBILE:.....

DO YOU HAVE ANY SPECIAL NEEDS
REQUIREMENTS?

.....

.....

Please make cheques payable to
Harris School

Please find enclosed a cheque for £.....
For my booking of the early morning Yoga
classes



HARRIS SPORTS CENTRE



BRINGING SPORT TO THE COMMUNITY



EARLY MORNING YOGA



Would you like to take part in Yoga but find you do not have the time or too tired and busy when you finish work?

Well why not start your day fresh, relaxed and ready for the challenges that lie ahead.

From Wednesday April 29th Harris Sports Centre will be delivering 10 weeks of Yoga classes for the staff of Harris School and for the local community. The class will be run by our highly qualified instructor Kailash Mistry. Children over 11 welcome with a parent/carer.

Days: Wednesdays
Start Date: 29th April 09
Finish Date: 1st July 09
Time: 6.45am to 7.45am
Cost: 11 to 15 year olds £10
16year + £20 per 10 week course
(equivalent of £1 for 11 to 15 and £2 16+ per session)
Equipment: Mats, shower and changing facilities available



Please complete the booking form on the reverse

Harris Sports Centre
Tel: 01788 818925

Email: vmerrett@harris-school.co.uk

Website: HarrisSportCentre@sports.officelive.com