

'Mind-Body Maintenance'



YOGA FOR BACKS BOOKING FORM

Sat 1st Apr, 6th May, 17th June ~ 10.00am to 12.30pm

You will be required to fill in a health questionnaire on arrival. It is advisable not to take any food one to two hours before the session.

Wear comfortable clothing with no belts or other restrictive items (jeans are most unsuitable).

If you have an exercise mat please bring it with you along with a thick blanket and two cushions. The session is limited to six participants. Early booking advised.

Your Yoga teacher: Katy Murrell

'I have practiced Yoga since the seventies and had a back injury in the eighties. I used gentle Yoga to heal my back and was inspired to train to become a teacher. I received the British Wheel of Yoga Teaching Diploma in 1993 and furthered my training for three years with the Life Foundation School of Therapeutics'.

The sessions are held at Body Mind Spirit Centre, Jonson Trading Park, Alington Road, Dorchester DT1 1QB. Please park only in designated BMS spaces or in the next street.

The Yoga for Backs CD is available at a special Workshop price at £10.00! cut here.....

YOGA FOR BACKS WORKSHOPS

**Dates of workshops please circle – 01.04.17, 06. 05.17, 17.06.17
£25 / £20 (concession) cheques payable to Ms K Murrell**

Name/s.....

Value of cheque.....how many places.....

Address.....

.....Postcode.....

Phone.....Mobile.....

E mail.....

How did you hear of Yoga for Backs?.....

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katy@mind-bodymaintenance.co.uk / www.mind-bodymaintenance.co.uk

Please send to: Ms K Murrell, 46 Holloway Road, Dorchester DT1 1LF