

# 'Mind-Body Maintenance'



## YOGA FOR BACK CARE BOOKING FORM 5<sup>th</sup> March, 2<sup>nd</sup> April, 7<sup>th</sup> May - 12 noon to 1.15pm

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). 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: Dorchester Yoga and Therapy Centre 14 Trinity Street Dorchester DT1 1DD - 01305 262253 / 07966 308154

**Handouts are free. The Yoga for Back Care CD is available for a special price at the class - £10.00**

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### YOGA FOR BACK CARE CLASSES

**£10 PER SESSION OR £20 FOR THREE SESSIONS  
(money back guarantee if your back does not improve after three sessions)  
cheques payable to Ms K Murrell please**

Name.....

Value of cheque.....How many classes/dates.....

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

E mail.....

How did you hear of Yoga for Back Care?.....  
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[katy@mind-bodymaintenance.co.uk](mailto:katy@mind-bodymaintenance.co.uk) / [www.mind-bodymaintenance.co.uk](http://www.mind-bodymaintenance.co.uk)

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