



Stoulton

Stoulton Village Hall, Church Lane, Stoulton, WR7 4RE

A course of **six** Tuesday morning classes

09:30 – 11:00 **25 February 2020 – 31 March 2020**

Mixed ability — All welcome — Booking essential

To enrol, please complete the form below and return it with your cheque for **£54** payable to:

Lucy Murray
Valley House, Church Street
Great Comberton, Pershore
Worcs, WR10 3DS



T: 01386 710490

M: 0751 332 7381

LucyMurrayYoga@gmail.com

www.LucyMurrayYoga.com

or contact Lucy for bank details to make a direct payment.

Once a place has been secured, fees for the term are non-refundable. In the event that a lesson is cancelled, the fee for that lesson will be refunded or a mutually convenient alternative date will be arranged. The venue may be changed if necessary. Cheques will be banked at the start of the course. If you are unable to attend a session it may be possible for you to attend another class; please check first.



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Stoulton Village Hall Tuesday mornings 09:30 – 11:00

25 February 2020 – 31 March 2020

Name:

Address (only if new):

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Email: Mobile:

If you are a returning student, please note here any changes in your health which may be relevant to your yoga practice: -

Useful information

This information is intended to cover the questions that I get asked most frequently about the admin side of my Yoga classes.

Weekly Yoga classes are offered as short courses usually corresponding to Worcestershire school half terms and I ask that you commit to each course by paying the full amount before the course starts. Once you have paid, your space is reserved for you and you are more likely to attend if you have committed to a course. Learning yoga is progressive - each week's learning is built on previous practice so regular attendance is recommended in order to benefit.

When booked in advance, each 90 minute class costs £9. Payment can be made by cheque (which will not be banked until the week the course starts), cash (please make sure that you return the booking form reply slip, or put it in an envelope with your name on) or bacs (please use your name as the reference for online banking, not mine). For bank details please contact me.

I realise that it is sometimes hard to commit to a regular weekly slot and so it is usually possible for you swap to a different class if you are unable to attend one week, subject to availability of spaces. Just let me know if you have to miss a class and I will do my best to accommodate you elsewhere within the same short course. It is fine to attend two classes in one week in order to make up a missed class in another week.

In some cases, subject to availability of spaces, students may pay as they go. In this case each 90 minute class costs £12. This is intended for regular students who may have to miss a significant part of a course due to holidays. If you wish to pay as you go please contact me to check availability. Priority will be given to those who can pay up front for a whole course so there is no guarantee of a place when you pay as you go. Obviously, without a core of committed students a class cannot run so please do book for the course if you can.

There are a number of costs involved in being a yoga teacher including training courses, venue hire, travel, insurance and first aid training. In addition to these costs, my income needs to cover the time I spend planning lessons, travelling, replying to emails and keeping records as well as the time I spend teaching. I simply do not earn enough to be able to offer concessions for those on low incomes or refunds to those who have been unable to attend for whatever reason. Likewise I cannot carry payments over to another course for classes you have missed or allow a new student to come in and take your place without payment. So please don't ask!

Very occasionally I may have to cancel a class. In this event I will, of course, refund your payment for that class. Please make sure that if you change your email address and/or mobile phone number that you let me know otherwise I may be unable to contact you to let you know that a class has been cancelled.

Students often ask me about what they can practise at home. There are a number of practices on the students' page of my website which are intended to remind you of practices you have learned in class. All you need to do is print them off and check with me if you need clarification. I am always happy to answer questions about your own practice at the end of class but if you need detailed advice which is likely to take longer than a few minutes then I do offer individual tuition. Please ask me for more information.

If you still have a question then please email me on LucyMurrayYoga@gmail.com

Namaste

Lucy