

MaxineYoga

SUNDAY YOGA AND PRANAYAMA (BREATH) WORKSHOPS Booking & Health Form 2019 – 2020

Sunday Dates: Now – Jan 2020 Time: 10:00 am – 12:30 pm LONDON

Location: 38 Wentworth Road NW11 0RL

Contact: info@maxineyoga.com Tel: 07957270899

Name..... D.O.B.

Address.....

Phone numbers (h)(w) (m)

Email (h) (w)

What is your yoga / pranayama (breath) experience ?

.....

What other forms of exercise (if any) have you enjoyed, how often?

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What are you most hoping to gain most from the workshop/s?

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Your state of health? / state any Injury or health conditions

.....

How did you hear about Yoga with Maxine?.....

Please tick/highlight the **MaxineYoga** Workshop/s you will be attending

- 15 Sept Hatha Yoga – All levels
- 20 Oct Hatha Yoga – All levels
- 3 Nov Hatha Yoga Workshop – All levels
- 17 Nov Breath/Pranayama For teachers/
advanced
- 24 Nov Breath/ Pranayama For beginners/
improvers
- 8 Dec Hatha Yoga – All Levels
- 12 Jan Hatha Yoga – All Levels

Cost £35.00 per workshop

*Plus: why not add weekly Sunday 8.30 - 9.45
a.m Active Flow Yoga class to this booking:*

Total Payment due £ _____

- Kindly transfer payment in advance to secure your place. Please tick preferred method of payment:
- Direct bank transfer to: Acc: Maxine Levy. Sort Code: 20-36-16. Acc #: 30605204
- Cheques payable to: Maxine Levy, 38 Wentworth Rd, London NW11 0RL. Cash accepted.
- I accept personal responsibility for any damage or injury that I may suffer.

Contact **MaxineYoga** on 07957 270 899 info@maxineyoga.com
www.maxineyoga.com

Signed..... Date.....