

Thankyou for your enquiry. Our weekly classes for pregnant women run throughout the year and you can join from 14 weeks onwards. We use gentle stretching, breath awareness, and relaxation techniques selected and designed for pregnancy. We have time to get to know each other, and as a group have time to talk over tea and biscuits at the end of our session.

Monday 10am – 11.30am Wootton (between Canterbury and Dover just off the A2) YogaNature – our own Yoga Studio. Please see website for directions.

Fully equipped with bean bags, yoga balls and yoga mats.

Wednesday 7.15pm – 9.15pm The Riverside Centre, Surestart, Kingsmead, Canterbury.

Please bring a yoga mat, (if you have one), a blanket and two small cushions.

PLEASE READ THE FOLLOWING CAREFULLY SO YOU UNDERSTAND HOW THE BOOKING WORKS.

BOOKING

All classes must be booked in advance by sending a cheque made payable to Mrs A Twydall for £14, together with the booking form. This pays for your first class and a registration fee of £5.

PAYMENT

Classes are £9 each, payable either in cash or by cheque calendar monthly at the last class of the month, in advance of the next month. If your first class is not at the beginning of the month please pay for the rest of that month when you start. If you are absent on payment day please send a cheque to our address below.

Fees are non-refundable. If you miss a class fees cannot be carried over as you pay for your place in the class. However, you may attend a class on a different day of the week within 2 weeks of the missed class.

If your baby is born early please let me know and I will refund, or you may prefer to carry over to post-natal classes. If you no longer wish to come please let me know and I will refund. From 38 weeks you may pay weekly in advance.

CONCESSIONS

If you would like to attend but cannot afford the full cost please apply to me as I may be able to offer a concessionary place.

PLEASE KEEP THIS LETTER FOR REFERENCE

Thanks

Angie

