

Thankyou for your enquiry. Our weekly classes for postnatal women and babies are run throughout the year. We use gentle stretching, breath awareness, and relaxation techniques selected and designed for postnatal mums. 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. I arrange various speakers on a range of topics health, diet, massage and alternative therapies.

Friday 11.30am – 12.45am Friends' Meeting House

6, The Friars, Canterbury, Kent CT1 2AS Tel: 01227 765612

Please bring a yoga mat, (if you have one), a blanket and two small cushions.
A pillow for your baby to lie on, a blanket for your baby and any other items you may need (nappies, bottles etc).

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. If you already attended my pregnancy yoga classes you will not have to pay the registration fee again.

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.

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

