

Yoga classes with Lucy Paul
contact 07801 573279 / e-mail swyoga@paul.uk.com / website www.swyoga.org
at St Lukes Church Hall, 194 Ramsden Road, London SW12 8RQ
Autumn term 2019

Please complete the following form if you would like to book for this terms classes which begin on Monday 9th September – Monday 9th December (15 classes). The charge for the term will be £225.00, regardless of how many are attended.

Class starts at 19.30pm – 21.00pm, blocks and belts are provided, but please bring your own mat if you have one, and wear loose, comfortable clothing. Missed classes can be made up at any of my venues – please ask for details. Drop in classes are possible but not encouraged as a regular practice reaps benefits - drop in's priced at £18 cash per class.

I would be grateful if you could hand back this completed form, with a cheque made payable to Lucy Paul for the correct amount, at our first class. Alternatively please arrange BACS transfer to account 21737600, sort 40-01-07 HSBC account in the name of Lucy Paul / SWYoga. Please also complete your details below if not previously submitted, or in the case of any changes. (If you have already signed the disclaimer at the foot of this page, it will apply to every term thereafter).

Name and age : _____

Address and tel. no.s – mobile, landline and e-mail address please : _____

Please give brief details of any past illness or injury (all information is confidential, it is recommended that you speak to your GP before commencing any course of exercise) :

Have you previously practiced Yoga? If so, what type and for how long?

Current state of health : _____

Many thanks for your co-operation, and I very much look forward to teaching you next term!

I understand that I participate in all Yoga classes entirely at my own risk, and any loss, damage, injury or any other mishap will not be the responsibility of the class organiser or teacher. I also understand that refunds will only be given if the course I want is booked.

Signed and dated : _____