**MESSAGE FROM BARBARA CURRIE**

**Enrolment for November 2023**

***EXISTING MEMBERS***

*I do hope you have enjoyed your October yoga classes and are looking forward to starting yoga classes in November.*

*Classes will start on Monday 30th October on Friday 1st December27th. The fee for 5 classes (5 week month) is £50 and the fee for unlimited classes is £70.*

Upon receipt of the £50/£70 fee for to the account of Yoga BC Ltd by Friday 27th October you will receive the Zoom password by Saturday 28th October. **Please advise by email to zabarifamily@gmail.com if you have paid and haven’t received your passwords.**

***FEES PAYABLE :***

***Monthly :*** *£50 for 5 classes or £70 for unlimited classes*

*HSBC Bank – Account Name : Yoga BC Ltd*

*Sort Code 40-45-22 Account Number : 11770578 Reference : your surname*

***NEW MEMBERS***

Should you wish to join, complete the form attached, and return it by email on or before Friday 27th October to [zabarifamily@gmail.com](mailto:zabarifamily@gmail.com). You must also pay the participation fee of £50/£70 direct to the account of Yoga BC Ltd. You will then receive the zoom password by Saturday 28th October.

If you would like any further information please contact Barbara Currie on 01372 467177 or email her barbaracurrie@globalnet.co.uk.

***ZOOM YOGA***

*There are a great many benefits of* ***ZOOM****. You are in the comfort of your own home, and your room can be as warm or as cold as you wish it to be. You have no traffic, parking problems or expenses and you don’t have to rush to your class. There is no worry about social distancing or the risk of infection.*

***YOGA*** *has many benefits and in my opinion is even more important at this time. Remember it will keep you flexible, tone and firm every muscle, beat stress, help you relax and sleep well, stimulate your immune system and above all give you a lovely toned yoga body.*

*However, it is very important that you remember that you must never strain, go at your own pace and stay within your own comfortable limits and remember that it is normal for your body to vary on a daily or weekly basis. Yoga is for healthy people and if you have any health concerns at all then please check with your doctor before you begin to practice, to make sure he is happy for you to join up.*

*Guidance for online lessons*

1. ***Make sure you are dressed in suitable clothing. Have bare feet.***
2. ***Make sure you have adequate space and your room is free from clutter.***
3. ***Make sure you are warm enough, have a mat near you and maybe a blanket to cushion your knees if necessary.***
4. ***It is wise to have a bottle of water near you.***
5. ***Make sure you have no pets in the room.***

*Please note that the actual class will last for one hour but knowing that you will wish to chat to your friends I will open the class 15 minutes early so you have time to make yourself a coffee and have a chat.*

*Enjoy*

**Barbara Currie School of Yoga**

**Online class registration form for November 2023**

**For completion and return by Friday 27th October**

Class timetable – Monday 30th October – Friday 1st December 2023

*Please tick relevant boxes for classes you wish to join.*

|  |  |
| --- | --- |
| ***Mornings 10am – 11am*** |  |
| *MONDAY – Beginners/intermediate* |  |
| *TUESDAY – Advanced/intermediate* |  |
| *WEDNESDAY – Beginners/intermediate* |  |
| *THURSDAY – Beginners/intermediate* |  |
| *FRIDAY – Advanced/intermediate* |  |
| ***Evenings 6pm - 7pm*** |  |
| *MONDAY – all levels* |  |

*Please tick the class or classes you would like to join above.*

***FEES PAYABLE : £50 for four classes or £70 unlimited in October***

***HSBC Bank – Account name : Yoga BC Ltd Sort Code 40-45-22 Account number : 11770578 Reference : your surname***

***YOUR REGISTRATION FORM should be returned by Friday 27th October****.*

*On receipt of payment, the monthly zoom password will be sent to you on or before Saturday 28th October. In making your payment you are confirming you have read and agreed to the disclaimer as below.*

**“I understand that I participate in all yoga classes entirely at my own risk and no responsibility for any loss, damage or injury, or any other mishap will be the responsibility of the class organiser or teacher”.**

*Name*

*Date*

*Email*

**Please sign and complete this form and return by email to** [**zabarifamily@gmail.com**](mailto:zabarifamily@gmail.com)**.**

**All enquiries contact Barbara Currie on 01372 467177 or barbaracurrie@globalnet.co.uk**