

PRAXIS SCHOOL OF YOGA

Lina Mookerjee MA - 16 Villa Road, Nottingham, NG3 4GG Tel: 0115 847 1758 e-mail: yoga@praxis-ppd.com www.praxis-yoga.co.uk

AUTUMN 2016 – SPRING 2017 PROGRAMME BOOKING FORM

WEDNESDAY WEEKLY YOGA AND MINDFULNESS CLASSES

Focus on the psycho-spiritual self, housed within the physical body. Practices designed to strengthen, and provide respite for, the body whilst creatively expanding consciousness through awareness, meditation and mantra practice, and to develop a comfortableness with silence.

CLASS TIMES: 6 to 7.30pm; 7.45 to 9.15pm

PRAXIS SUMMER SPECIAL: Wednesday 17 August – 7 to 9pm Fee: £15

AUTUMN 2016 TERM

- September 7, 14, 21, 28 (4 classes at £35)
- October 19, 26, November 2, 9 (4 classes at £35)
- November 23, 30, December 7, 14 (4 classes at £35)

SPRING 2017 TERM

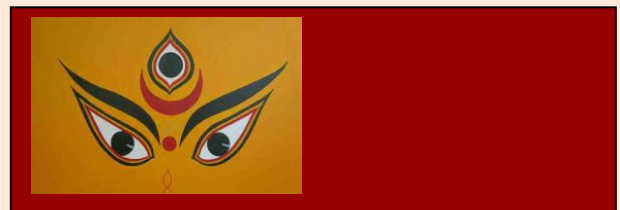
- January 4, 11, 18, 25 February 1, 8 (6 classes at £52.50)
- February 22, March 1, 8, 15, 22, 29 (6 classes at £52.50)

PRAXIS EMPOWERMENT SERIES

YOGA SPIRIT SUNDAY 2016

Reclaiming Feminine Power

10am to 12.30pm - £25/session or
£70 for all 3 sessions when booked together



- 25 September: **Significance of Feminine Power** - in one's individuation process
- 23 October: **Absence and Loss of Feminine Power** - consequences to health and growth
- 28 November: **Reclaiming Feminine Power** - positives and responsibilities
- **A Special Evening on Saturday 29 October ∞ Healing Injustice (from 8pm onwards)**
Kali Puja and Diwali ceremony – priority booking for those booking YSS
- 18 December **Praxis Christmas Special** (late afternoon/early evening workshop)

PRAXIS BOOKING FORM

- **Payment Methods:**

- Cash or Cheque made payable to 'Praxis-PPD';
- BACS: Bank of Scotland; account name 'Praxis-PPD'; Sort Code: 12-24-81; Account Number: 06513661

Name	
Address	
Tel No:	Mobile No:
e-mail	

Date/Time of Yoga class/event	Title Of Course/Workshop	Fee

MAKING A BOOKING:

NB - 'Drop-in' or 'pay-as-you-go' arrangements are not routinely provided (as they disrupt group safety and make budget management too unpredictable). If you wish to negotiate smaller instalments, please contact Lina by phone before completing the Booking Form.

Complete the Booking Form indicating clearly which event/s you wish to attend and send it with your payment to: Praxis School of Yoga, 16 Villa Road, Nottingham NG3 4GG.

Payment can be made in cash, by cheque or bank transfer:-

- **By cheque:** - please provide a separate one (made payable to Praxis-PPD) for each event, so that any unused cheque for full or cancelled events can be shredded.
- **By bank transfer:** our a/c details are: A/C Name: PRAXIS-PPD. Sort code: 12-24-81. A/C No: 06513661. Please provide your name as the bank's transfer reference, and let us know the transfer date by e-mail.

CANCELLATIONS & REFUNDS:

Should you need to cancel a booking, please let Lina know ASAP, preferably by email.

Refund amounts for classes and other short events are:-

- 75% of fee if 10 or more days' notice given before the start date;
- 40% if 9 to 3 days' notice given; but none for less than 3 days' notice.; **Refund amounts for full day and longer events are:-** 75% of fee if 35 or more days' notice given before the start date, 50% if 34 to 21 days' notice given, 25% if 20 to 7 days' notice given, but none for less than 7 days' notice. **Should we need to cancel any event, all fees will be refunded.**