

YOGA, PILATES & MEDITATION CLASSES

AT THE WELL, WILLEN VILLAGE

PILATES

Monday evenings	6.00pm – 7.00pm	from 16 th September	12 sessions	£96.00
Tuesday evenings	6.00pm – 7.00pm	from 3 rd September	14 sessions	£112.00 *
		to 10 th December		

YOGA for all levels of ability

Tuesday evenings	7.15pm – 8.45pm	from 3 rd September	14 sessions	£140.00 *
		to 10 th December		

PILATES in a small group

Wednesday evenings	6.15pm – 7.15pm	from 4 th September	14 sessions	£126.00
		to 11 th December		

MINDFUL MEDITATION

Wednesday evenings	7.30pm – 9.00pm	4 sessions	£5 each, plus Dana *
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4 Sept, 2 Oct, 6 Nov, 4 Dec Follow the meditation session you are welcome to stay for tea & coffee

* Dana is the tradition of offering a donation for the teachings received, therefore participants give according to their means

VENUE: The Well, Newport Road, Willen Village, Milton Keynes, MK15 9AA

BOOKING INFORMATION:

* Helen offers 10% discount if Tuesday evening Pilates and Yoga are booked together

Classes do not run in half term (w/c 28.10.13)

Payment is made at the beginning of each new term by cash or cheque

New students may join at any time, subject to a place being available

Please call or email to book

BANK DETAILS:

Bank: Nationwide
Sort Code: 07 01 16

Account name: Mrs Helen Stephenson
Account number: 25021345



Frances Newman YOGA CLASSES

mobile: 07815 643 366

email: francesnewman@hotmail.co.uk

AT THE WELL, WILLEN VILLAGE

YOGA for all levels of ability

Monday evenings 7.30pm – 8.45pm From 2nd September to 9th December 13 sessions £91.00

RESTORATIVE YOGA

Tuesday evenings 5.00pm – 6.00pm From 3rd September to 10th December 13 sessions £91.00

MINDFUL YOGA drop in

Wednesday evening 7.30pm – 8.45pm 16 Oct £10.00
(clients of our other weekly classes can pay £7 to drop in)

MINDFUL MEDITATION & MOVEMENT drop in

Wednesday evening 7.30pm – 9.00pm 20 Nov £5 each, plus Dana *
Dana is the tradition of offering a donation for the teachings received, therefore participants give according to their means

YOGA for all levels of ability in a small group

Friday mornings 9.30am – 10.45am From 13th September to 13th December 12 sessions £96.00

VENUE: The Well, Newport Road, Willen Village, Milton Keynes, MK15 9AA

BOOKING INFORMATION:

- Classes are booked by the term
- There is an option to 'drop in' to a class once a month for Wednesday Mindful Yoga
- Classes do not run in half term (w/c 28.10.13) or the following week (w/c 4.11.13)
- Payment is made at the beginning of each new term by cash, cheque or BACS transfer
- New students may join at any time, subject to a place being available
- Trial sessions available
- Please call or email to book

BANK DETAILS:

Bank: Intelligent Finance
Sort Code: 11 91 00

Account name: Mrs Frances Newman
Account number: 04024660