

## Toddler yoga

With Bernadette King, BWYDip, ITECDips APM & IHM, FEDANT registered 11790

Please visit [www.peacefulpractice.co.uk](http://www.peacefulpractice.co.uk) for full details about this course.

Yoga equipment is provided. Do ensure you and your child wear clothes permitting ease of movement-no jeans, zips, belts. Sequences are practiced in bare feet.

Places are limited so, regrettably, reservations cannot be made without payment.

If your child has a favourite doll or teddy with moveable limbs, you may want to bring it along as they can also be useful in introducing very young children to yoga. Younger or older siblings, Dad, Grandma or Grandad are all welcome as well as or even instead of Mum. In fact, it could be a whole family experience!!

Please add an extra £30 to the overall fee if a second adult family member will be attending all 6 sessions. Or payment is £5 for any session they attend.

If bringing 2 siblings to the sessions please add £3 to each session.

If bringing a babe in arms(as an observer!) there is no charge.

## Course 1

<b>Venue</b>	<b>Mycenae House, 90 Mycenae Road, Blackheath SE3 7SE</b>
<b>Dates</b>	<b>Fridays 03 November – 08 December 2017</b>
<b>Sessions</b>	<b>6</b>
<b>Time</b>	<b>10:00 – 10:45</b>
<b>Cost</b>	<b>£65</b>
<b>Closing date</b>	<b>30 October 2017</b>

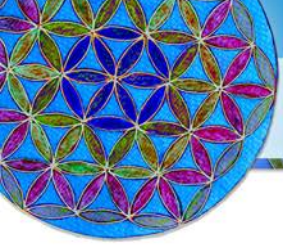
## Parking and public transport

Free all day parking is available on Mycenae Rd just outside Mycenae House. Free parking for up to 2 hrs is also available on Mycenae Rd. There is also free all day parking on Beaconsfield Rd, which is next to Mycenae Rd.

**Bus** 53, 54, 108, 202, 286, 386, 422. | **BR** Westcombe Park (5 mins walk)

There are lots of action-packed movements and songs to stimulate digestion, respiration, circulation, balance and dexterity as well as their listening skills and of course strengthening growing bodies in safe ways.

The classes are also great for developing social interaction.



## Booking form and payment

### Cheques:

Please complete the booking form below and send, with payment, to:

**B. King, 12 Christchurch Way, Greenwich, London SE10 9AL**

Please make cheque payable to B. King or you can pay by bank transfer:

### Bank transfer payments:

**Payment may be made by internet banking:**

**Account name: Bernadette King | Sort code: 30-93-70 | Account: 10924568**

After payment has been made, booking forms can be posted to Bernadette as above or emailed to [info@peacefulpractice.co.uk](mailto:info@peacefulpractice.co.uk). Confirmation of all bookings will be made by telephone or email.

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## Peaceful Practice: Toddler Yoga

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**Venue:** Mycenae House, 90 Mycenae Road, Blackheath SE3 7SE

**Time:** 10:00 – 10:45

**Dates:**

Please complete the following:

**Fridays 03 November – 08 December 2017 (6 sessions) - £65**

I would like to book the above course and have read and agree to your Terms & Conditions.

**Total amount due:**

£

I enclose a cheque for the full amount

I have paid the full amount by bank transfer

**Name**

**Email**

**Tel**

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## Terms & Conditions – a gentle reminder!

So that there is no confusion regarding the cancellation policy, here are the details:

- A full **48 hours' notice** is required for all cancellations of yoga classes and workshops.
- It is not possible to carry over missed sessions to a future course, for example if you have either booked a holiday before or during a course you have paid for. If there are exceptional circumstances Bernadette may make an exception, so please contact her to enquire 48 hours prior to the absence.
- Regrettably, apart from exceptional circumstances such as early birth; no refunds can be given for non-attendance or cancellations with less notice than the times stated.
- If the yoga teacher cancels a class, a full refund will be given for that class

Please note that all bookings are subject to these conditions.

Thanks so much for your co-operation.

Warm regards,

***Bernadette***

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### Contact details

Any queries please contact  
Bernadette

**Tel** 07816 443319 / 020 8853 5944

**Email** [info@peacefulpractice.co.uk](mailto:info@peacefulpractice.co.uk)

**Website**

[www.peacefulpractice.co.uk](http://www.peacefulpractice.co.uk)