



Moonrise
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July 2016

Namaste,

Pre-course meeting: BWYT Foundation Course 1, York

**4.00 – 6.00pm Sunday 11th September
New Earswick Methodist Church Hall, Hawthorn Terrace, York YO32 4AQ**

I will be holding a pre-course meeting so that we can meet each other and you can hear more about the course. Then we can both make the final decision 'if the course is right for you'. This will also be an opportunity to meet others applying for the course and to ask any questions. We can then enjoy a short practical session together and complete the necessary administration.

The cost of the meeting is £5 to cover overheads.

In preparation, I would like you to consider the question: "**What is Yoga?**" bring your ONE or TWO sentence answer with you to the meeting so that you can share your ideas.

What to wear and bring

Wear yoga clothing and bring your mat, together with sitting props, paper and pen.

Administration

If you decide to go ahead with the course, I will require the following (unless already sent to me):

1. Completed application form and additional information.
2. Deposit (£100) plus BWY registration (£60) - cheque for £160 (payable to J Cluley).
3. Join BWY www.byw.org.uk online or by post and send me your **membership number** asap.
I understand BWY is currently offering some free memberships.
4. I will have a copies of the course book Asana Pranayama Mudra Bandha for sale at £15

It would be easier if we can complete all of the above at the meeting. So please come prepared.

Directions – are attached separately

******* Please confirm if you will or will not be attending.**

I look forward to meeting you all.
Kindest Regards,

Jayadhara / Jane Cluley

RSVP