



**Inner Rhythm-Internal Arts  
Yoga and Qi Kung in  
South Staffordshire**



**HATHA YOGA CLASSES**

**Autumn 2009**

7 Week Course  
Cost £42

Mondays: 7.30 – 9.00pm

Thursdays: 7.45 –9.15pm

Whittington Village Hall  
(Intermediate)

Thomas Spencer Hall,  
Whittington

**Monday Evenings**

**Thursday Evenings**

2<sup>nd</sup> November  
9<sup>th</sup> November  
16<sup>th</sup> November  
23<sup>rd</sup> November  
30<sup>th</sup> November  
7<sup>th</sup> December  
14<sup>th</sup> December

5<sup>th</sup> November  
12<sup>th</sup> November  
19<sup>th</sup> November  
26<sup>th</sup> November  
3<sup>rd</sup> December  
10<sup>th</sup> December  
17<sup>th</sup> December

**BOOKING SLIP (Evenings)**

Name-----

Telephone number -----

Please reserve ----- place(s) on Monday/Thursday

**Cost £42**

**Payable by Monday 26<sup>th</sup> October, please.**

Please make cheques payable to:  
Vivien Skelton



**Inner Rhythm-Internal Arts  
Yoga and Qi Kung in  
South Staffordshire**



**HATHA YOGA CLASSES**

**Autumn 2009**

7 Week Course

Cost £42

Mondays: 1.30 – 3.00pm

Thursdays: 1.30 – 3.00pm

Whittington Village Hall

**Monday Afternoons**

2<sup>nd</sup> November  
9<sup>th</sup> November  
16<sup>th</sup> November  
23<sup>rd</sup> November  
30<sup>th</sup> November  
7<sup>th</sup> December  
14<sup>th</sup> December

**Thursday Afternoons**

5<sup>th</sup> November  
12<sup>th</sup> November  
19<sup>th</sup> November  
26<sup>th</sup> November  
3<sup>rd</sup> December  
10<sup>th</sup> December  
17<sup>th</sup> December

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**BOOKING SLIP (Afternoons)**

Name-----

Telephone number -----

Please reserve ----- place(s) on Monday/Thursday

**Cost £42**

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