

YogaFoundation - Level 1 Application Form 2019 – 2020

Name

Address

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Telephone

Email

Yoga Experience

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Costs:

Course fee of £480.00

(£60 deposit and 12 days at £35.00 per day) You may, if you wish, pay for the course in full, in advance if preferable.

Please note:

This is a course and not a series of drop in classes.
Each day must be paid for whether you attend or not.

I have read and agree to all the information detailed above. I am fully aware that non-attended days must be paid for in full.

Signed:

Date:

Please complete and send to:

Marilyn Heginbotham
8 Corbett Way, Denshaw,
Oldham, OL3 5SX

A deposit cheque for £60.00 (payable to M Heginbotham) must be included with this application form.

Or please request my bank details for bank transfer if more convenient to you.

Should your application be not accepted for any other reason your payment(s) will be returned.

Contact
Marilyn

01457 870453

For other courses & day workshops

visit: www.marilynyoga.com
email: info@marilynyoga.com

Yoga to Build On

It is my sincere wish that in the coming months you will be able to expand the scope and the scale of your life in ways that you had not imagined were possible.

Alongside this I give you my blessings as we journey towards a fuller and more complete yogic life.
Come with me.

- Marilyn

a deeper theory and
practice course for
your life of yoga

YogaFoundation

Level 1

from marilyn yoga
2019 – 2020

Tutor Marilyn Heginbotham

During the course we will:

Explore many different aspects of Yoga.

These will include:

Yin Yoga,
Vinyasa Flow Yoga.
Getting alignment just right.
Sound healing.
Magical mudras and cleansing Kriyas.

Practise Pranayama:

The art of breathing. for increased vitality, more clarity, and to manage stress and pain.
Correct breathing is the single most important thing you can do to improve your life.

Learn the history and philosophy of Yoga.

Look at meditation:

Using different traditions and methods to find the one that suits you, to achieve stillness inside.

Learn of chakras and the subtle body:

Experience these other aspects of ourselves which bring us to a deeper understanding of our own energy, of other people, and the world we live in.

Specialist, guest speakers will be invited on occasions to provide extra insight into their particular subject.

For more information:

You may always contact me direct.

Phone Marilyn: 01457 870453

Email: info@marilynnyoga.com

About Me:

Yoga is my driving passion and I have been practising for over forty years and teaching for nearly thirty. Continued self development is at the heart of my teaching, having a daily practice and continuing to seek out world class teachers for my own development and to be able to share this wealth of knowledge in service to my students.

About the Course:

Cost £480.00

Deposit £60

A total of 60 hours in 12 days, over a period of 12 months. An opportunity for personal development and to go deeper into yoga.

No examinations, and a Certificate of attendance on completion of the Course.

This can be a route to prepare for Teacher Training.

Dates 2019/20

Sundays every month beginning July 2019:

21st July; 18th August; 15th September;
20th October; 17th November; No class December.

Sundays 2020:

19th January; 16th February; 15th March;
12th April; 10th May; 7th June; 5th July.

Venue:

8 Corbett Way, Denshaw, Saddleworth,
Oldham OL3 5SX

Course Aims:

To provide a structured Foundation Course to widen practical experience and to encourage personal development and practise for serious students who do not necessarily wish to prepare for teacher training.

To provide a basic grounding for those who do wish to prepare for teacher training.

Award on completion:

YogaFoundation Level1 Certificate
(awarded for a minimum 48 hours attendance)

Course Requirements:

Previous regular attendance at a general yoga class with a recognised teacher

There will be maximum of 16 students per course.

Please detach application form here and retain other pages for your reference