

YogaFoundation - Level 2

Application Form 2019 – 2020

Name

Address

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Telephone

Email

Yoga Experience

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Costs:

Course fee of £480.00

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

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

it's about life
it's about you
it's about yoga

This journey is never dull,
we face obstacles and
learn about ourselves, our
friendships with others and
with ourself, learning to
see the beauty in a simple
life and working, as always,
towards more time for
self care and fun.

an advanced course for
your life of yoga

YogaFoundation

Level 2

from marilyn yoga
2019 – 2020

Tutor Marilyn Heginbotham

How many levels are there?

How deep can we go?

How much more is there to learn?

Why more courses?

Because, of course, the learning never stops. The deeper we go, the more there is. More and more the Yoga will take us further into our intriguing and exciting journey. More importantly we will carry on learning and integrating the tools of Yoga to help us navigate life's upheavals, traumas, joys and jublations.

Our awareness will awaken.

YogaFoundation Level 2, from marilyn yoga, is really about integrating Yoga into our life. There will be time and space to use much more potent Pranayama and meditation and delve more deeply into the great philosophy of the Yoga texts. We will take the necessary time to explore and absorb what we need.

We will have Master Classes in Asana alignment and Pranayama and we will have specialist, guest teachers join us on occasions to provide extra insight into their own particular subject.

For more information:
phone Marilyn: 01457 870453
email: info@marilyn yoga.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 of extra 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. Home assignments, reading only and recommended seminars.

No examinations.

Students must have attended at least **48 hours** of the **60 hours** to receive certification.

YogaFoundation Level 2 from marilyn yoga is a perfect route to prepare for Teacher Training.

Dates 2019/20

Saturdays every month beginning March 2019

23rd March; 13th April; 11th May; 8th June;
13th July; 14th September; 12th October;
9th November; 14th December.

January 2020 TBA

February 2020 TBA

March 2020 TBA

Venue:

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

Course Aims:

To provide a safe and inspiring space for the further development of a yoga future and to prepare a grounding and help for this who wish to go into teacher training in whatever way they wish

Course Requirements:

Students should have achieved completion of a Yoga Foundation Level One, or similar, and have regular attendance at a 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