



**PRIORITY POSTAL  
ENROLMENT FORM**

Please post to:

**The Yoga Centre**  
Limerick Tutorial College  
O'Connell Street  
Limerick

[www.limerickyogacentre.org](http://www.limerickyogacentre.org)

**ENROLMENT FORM**

Please note that beginners enrolments cannot be accepted by telephone.

I wish to enrol as follows:

(Tick one and indicate your second preference also) :

Beginners	
Some Experience	
More Experience	
Pregnancy	
Gentle	

Weekday:

Monday	
Tuesday	
Wednesday	
Thursday	

Class Time: .....

Name.....

Address.....

.....

.....

Telephone.....

Date.....

I enclose Fee Euro.....

**INFORMATION ABOUT YOGA**

Yoga consists of a series of gentle stretches or postures practised in harmony with the breath and with great awareness. The aim is to let go of unnecessary tension, and each session ends with the practice of relaxation. Each person works at his or her own level, and all the practices can be modified to accommodate individual problems.

Yoga provides a means of coping with stress. The objective is radiant health.

All yoga classes are taught by experienced teachers with respected qualifications offering classes from several Yoga traditions and catering for all levels. All classes focus on postures, encouraging meditation through movement, breathing and relaxation, with a high standard of teaching and student care emphasized throughout.

Wear comfortable clothes that you can stretch in easily – a tracksuit or tee shirt and leggings are ideal. No shoes are required. At the Yoga Centre, mats, blankets, stools and cushions are provided.

No food or drink should be taken for an hour before the class. Large meals should not be taken for three hours before each class.

Please note that our evening classes are extremely popular. Early postal enrolment is advisable in order to secure a place in the class of your choice.