



HARVEST YOGA

Balance and Harmony

PRE NATAL YOGA 2012

1 1/4 hour class Wednesdays 6pm-7.15pm with Katie de Araujo

PRE NATAL YOGA classes do not follow terms; they run continuously throughout the year (except for a few weeks over the Christmas break. It is fine to start at any appropriate time during your pregnancy – with medical clearance. The time to start pre natal yoga classes can vary with each individual, depending on any difficulties experienced in becoming pregnant, the level of ease experienced during pregnancy and especially during the 1st trimester, and also what yoga experience each student has. Please discuss this with Harvest Yoga and your doctor if you have any concerns.

Some women find it difficult to commit to attending regular or weekly classes. In an ideal world it would be preferable to attend 1-2 classes each week in order to gain the profound and enormous benefits that yoga has to offer, and that reveal themselves in their subtlety with a regular practice. For these reasons Harvest Yoga does not recommend occasional casual attendance. However, we offer the following options.

- 10 class pass – classes to be used within 10 weeks. Commitment to attend every week \$170 / \$160 concession. Missed classes cannot be made up.
- 10 class pass – classes to be used within 14 weeks from purchase date. \$200 / \$190 concession. Students have the additional 4 weeks in which to use the pass.
- 5 class pass – classes to be used within 7 weeks from purchase date. Students have the additional 2 weeks in which to use the pass. \$100 / \$95 concession
- Casual attendance \$23 / \$21 concession
- If there are unused classes left over at the birth of your baby, these can be used within 4 months after the birth of your baby - subject to class availability. Please check.

PAYMENT OPTIONS AND BANK DETAILS

PLEASE NOTE: WE DO NOT HAVE CREDIT CARD OR EFTPOS FACILITY

Ways of making payments for classes at HARVEST YOGA

Cheque (cheque made payable to Rick Harvest)

Postal Order

Cash

Funds Transfer

For FUNDS TRANSFERS please insert your name into transfer memo AND **please let us know via RETURN email:**

- ✓ **date of payment**
- ✓ **amount paid**
- ✓ **receipt number**
- ✓ **what exactly you are booking**

Your assistance in this is greatly appreciated.

ACCOUNT DETAILS
RICK HARVEST
Credit Union Australia
BSB 814-282
account no 10169185