

PADMASAMBHAVA Yoga Class and Workshop booking form

Name _____
Address _____
County _____ PostCode _____
Tel _____ Email _____

Please book me on the following classes (tick box)

Beginners Course in Llandeilo	<input type="checkbox"/>	Starting on _____ At _____
1st Year Course in Llandeilo	<input type="checkbox"/>	Starting on _____ At _____
2nd Year Course in Llandeilo	<input type="checkbox"/>	Starting on _____ At _____
3rd Year Course in Llandeilo	<input type="checkbox"/>	Starting on _____ At _____
Open Class in Llandeilo	<input type="checkbox"/>	Starting on _____ At _____
Over 50's Course in Llandeilo	<input type="checkbox"/>	Starting on _____ At _____
Gentle Yoga Course in Llandeilo	<input type="checkbox"/>	Starting on _____ At _____
Stretch & Relax Course in Llandeilo	<input type="checkbox"/>	Starting on _____ At _____
Meditation Course in Llandeilo	<input type="checkbox"/>	Starting on _____ At _____
Ammanford Class at the Ebenezer Baptist Chapel	<input type="checkbox"/>	Starting on _____ At _____
Cwrt Henri Course at the Reading Room	<input type="checkbox"/>	Starting on _____ At _____
Chair Based Class (Fortnightly) at Maes Elfryn Hall	<input type="checkbox"/>	Starting on _____ At _____

Please book me on the following classes or workshops (tick box)

Becoming a Compassionate Witness	<input type="checkbox"/>	Saturday 8th June
Saturday Restorative Yoga: Relax and Renew	<input type="checkbox"/>	Saturday 6th July
The Golden Thread: Sadhana and the Rhythms of Nature	<input type="checkbox"/>	Request the brochure

I enclose payment of £ _____

To place a booking please print out this form, complete & return it to:-

Padmasambhava, 66 Rhosmaen Street, Llandeilo, Carmarthenshire SA19 6EN

Please call 01558 823 842 or email mail@padma.org.uk to check availability before completing.

Please send £30 as deposit to book on classes, full payment on workshops.

Cheques made payable to **Padmasambhava** — Thank you

Your Mailing Preferences

Deliver by...

All by Email only
Brochure by Post Rest by email
Brochure by post Only

I'm interested in...

Term Brochure
Workshops
Retreats
Chanting/Kirtan