

## PADMASAMBHAVA Yoga Class and Workshop booking form

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 \_\_\_\_\_  
 County \_\_\_\_\_ PostCode \_\_\_\_\_  
 Tel \_\_\_\_\_ Email \_\_\_\_\_

### Please book me on the following classes (tick box)

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

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

<b>Saturday Restorative Yoga:</b> Relax and Renew	<input type="checkbox"/>	Saturday 7th March
<b>The Golden Thread:</b> 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