

STANDING ORDER REQUEST - PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS

Please return a copy of this form to your own bank

To Bank Sort Code
Address Branch

A. CUSTOMER DETAILS

Account Name Account Number
Name
Address
Tel No Work Tel No Home

B. ORGANISATION TO PAY

| | |
|-------------------------|---|
| Name of Organisation | Inner Yoga Trust |
| Bank and Branch Name | National Westminster Bank, Petersfield Branch |
| Account Number 86534181 | Sort code 60-16-26 |

C. PAYMENT DETAILS

| | |
|---|--|
| Amount of normal payment £ | Amount of first payment (if different) |
| Amount of last payment (if different) | |
| Amount of normal payment in words | |
| Day or Date of payments | Frequency (eg weekly, monthly, yearly) |
| Commencing/...../..... Ending/...../..... | |

Signed: Date



artwork downloaded from webshots created by aussie gypsy -thank you

jenny beeken

managing emotions 2
managing emotions through yoga

rogate village hall, rogate, GU31 5BH

www.multimap.com has a very good direction finder
or you will find Rogate in any Road Atlas.

The Inner Yoga Trust, 17 Tilmore Road, Petersfield, Hampshire, GU32 2HJ
telephone 01730 261001 or visit www.inneryoga.org.uk
Registered Charity no 1068211



The Inner Yoga Trust

Jenny Beeken studied with BKS Iyengar whose teaching is still a great source of inspiration, knowledge and understanding. Subsequent study with Victor Van Kooten and Angela Farmer has given her a deep understanding of the inner body, inner awareness and movement. More recently she has worked with Sophy Hoare and Diane Long to access the teaching of Vanda Scaravelli. This has further developed her understanding of the importance of waking the spine in yoga postures and in life. The emphasis in her teaching is on balance of the inner energies and healing oneself and others through yoga.

Dates and Venue

11th September , 23rd
October, 11th December
2009, 5th February 2010

All classes will be at Rogate
Village Hall.

Class times - 10 am - 4.30 pm

Tuition fees

The cost for the series is £200 members/£220 non members

Individual days will be charged at £55 members /£60 non members

You can pay the whole fee in advance or pay a deposit of £50 members/£70 non members and set up a standing order for £30 per month over five months.

All the hours for this course will count as BWY and Inner Yoga Trust IST at 5 points per day. You should complete your own in-service training record sheet.

The Inner Yoga Trust will issue a certificate of attendance for this course to everyone who completes the whole course.

Managing Emotions through Yoga

Yoga helps us to manage and remedy difficulties we experience in the body, mind, and spirit. Working with and through our emotions with yoga can free us on many levels. This series of meetings will have that focus. If you have done the first part of the module this series of meetings will bring the total study hours to 40. There will be some written work. On completion of the 40 hours and the written work an Inner Yoga Trust Certificate will be issued.

- Yoga is about creating an aware, strong internal body and relaxing the outer muscular system.
- Yoga focuses the mind so we are not so pulled about by "Life's events".
- Yoga lets the breath flow freely through the body so we do not hold onto strain and tension.
- Yoga is a path of Practise that gives a support in all aspects of life and in our day to day living.

11 December - Managing Christmas

As this day falls in the run up to christmas that will be the focus of the teaching that day - you are welcome to attend it as a one off

Suitable for teachers, student teachers and students with Foundation Course Certificate or a few years experience of yoga.

If you have any questions about the course please contact Rebecca Phillips 01489 878770 or email rr.phillips@btinternet.com

Booking Form Jenny Beeken - Managing Emotions through Yoga

- I am a member paying £200 as full payment for the whole course
- I am paying £50/£70 deposit and setting up a standing order for five monthly payments of £30. I have completed the Standing order form on the back of this booking sheet and sent a copy to my own bank.*

My Inner Yoga Trust membership number for 2008/09 is

I enclose a cheque payable to the 'Inner Yoga Trust' for £ _____

Or Telephone the office on 01730 261001 to pay by credit/debit card.

If you would like to Join the Inner Yoga Trust at a cost of £25 you can pay for this event at the members rate and you will get a discount on other events you attend in the coming year. Please contact the office on 01730 261001

*If you use online banking to set up your standing order would you please let us know the details of your standing order eg what name it is set up in and the name of the paying bank - this is so that we can keep an account of your payments for the module. Thank You.

Name

Address

Telephone

Email

Send an SAE if you want a receipt

Please return this form to: The Administrator, Inner Yoga Trust,
17 Tilmore Road, Petersfield, Hampshire GU32, 4HJ