



A big thank you

Thank you for writing this testimonial about your experience of yoga and how you benefit from the practises.

I would like to offer the first class free on this course as my way of expressing my thanks.

A big thank you

Yoga class times

Monday: 6.30-8pm beginners

Tuesday: 10.00-11.30am
improvers

Please contact Maitri prior to attending class.

Enjoy your yoga journey may it bring you joy, peace, happiness and health.

With love and light

Maitri

Maitri means friend in sanskrit and was given to me by my Guru in India.

What differences have you noticed since practising yoga, do you practise yoga at home or in the work place?

Have the practised helped you to resolve any issues?

Does your teacher explain the practises clearly to you?

Any other comments about the teacher, the space in which you practise yoga, any improvements or recommendations to improve the quality of your experience.

If you are happy I would like to share your information on my website and Facebook page with your photo perhaps even doing a yoga pose. If you would like to be anonymous then please let me know by indicating in the box below.

Yes I am happy for you to share this on public media with photo

Yes I am happy for you to share this on public media but with no photo

I would like to remain anonymous

I dont want any information shared.

All information is held in strict confidence unless you have specified you are happy to share this information.

Many thanks Maitri