

Sitaram partnership 2009

scheduled group yoga birth rehearsal bookings 2009

(For bespoke sessions for individuals or groups at other venues please see separate booking form)

PLEASE NOTE

We aim to create a great learning environment for you, so due to space restraints we need to receive your booking ***three weeks prior to your planned birth rehearsal date*** to enable us to confirm everybody attending. Last minute bookings are sometimes possible, but to avoid disappointment, we strongly recommend booking minimum ***three weeks*** in advance. Thank you.

BLOCK CAPITALS PLEASE

Your Name.....

Birth Partner's Name/s.....

Address

Email Address which you can check from home (please print clearly).....

Phone Number/s.....

Due Date Planned Place of Birth.....

Usual SITARAM Yoga Class Attended (*see note below).....

Midwifery Practice /Team.....

Please underline your first choice for a scheduled group class, and keep a copy for your records

<p>January</p> <p><input type="checkbox"/> Sat 17th 15.30 – 19.00 Lido</p> <p><input type="checkbox"/> Sun 18th 09.30 – 13.30 King's Coll. Hospital</p> <p><input type="checkbox"/> Sun 25th 09.30-13.30 St. Thomas' Hospital</p>	<p>March</p> <p><input type="checkbox"/> Sat 14th 15.30 – 19.00 Lido</p> <p><input type="checkbox"/> Sun 15th 09.30-13.30 King's Coll. Hospital</p> <p><input type="checkbox"/> Sun 22nd 09.30-13.30 St. Thomas' Hospital</p>	<p>May</p> <p><input type="checkbox"/> Sat 16th 15.30 – 19.00 Lido</p> <p><input type="checkbox"/> Sun 17th 09.30-13.30 King's Coll. Hospital</p> <p><input type="checkbox"/> Sun 31st 09.30-13.30 St. Thomas' Hospital</p>
<p>February</p> <p><input type="checkbox"/> Sat 14th 15.30 – 19.00 Lido</p> <p><input type="checkbox"/> Sun 15th 09.30-13.30 King's Coll. Hospital</p> <p><input type="checkbox"/> Sun 22nd 09.30-13.30 St. Thomas' Hospital</p>	<p>April</p> <p><input type="checkbox"/> Sat 18th 15.30 – 19.00 Lido</p> <p><input type="checkbox"/> Sun 19th 09.30-13.30 King's Coll. Hospital</p> <p><input type="checkbox"/> Sun 26th 09.30-13.30 St. Thomas' Hospital</p>	<p>June</p> <p><input type="checkbox"/> Sat 20th 15.30 – 19.00 Lido</p> <p><input type="checkbox"/> Sun 21st 09.30-13.30 King's Coll. Hospital</p> <p><input type="checkbox"/> Sun 28th 09.30-13.30 St. Thomas' Hospital</p>

Second choice date for a Scheduled Group Yoga Birth Rehearsal.....

Alternatively, if you have particular needs or a demanding schedule, then please call 07885 905900 or email hypnosisforbirth@mac.com to arrange a bespoke session at a time to suit you and your birth partner and/or your own small group – either in your home or at a Sitaram Partnership venue (Stroud, Cheltenham, Bristol or London). There is a separate booking form for bespoke birth rehearsals and they are charged at 50% extra for individual couples, or at Scheduled Group rate (see below) for more than three couples together.

Cost:

Scheduled Group Yoga Birth Rehearsals cost £50 per person/£90 per couple (£33 per person/£66 per couple concessions).

I enclose a cheque for made out to Sitaram Partnership

I have paid online through the online booking service

For bookings from those who do not attend a weekly Sitaram yoga class, please also fill in and enclose an antenatal class registration form – so we have all relevant health information. The form is available to download from <http://www.sitaram.org/birthing/index.html> or ask us for a hard copy.

Please send this form and online payment receipt or cheque made out to Sitaram Partnership to: Scheduled Group Birth Rehearsal Bookings, Sitaram Partnership, c/o Meryl Dinsmore-Drew, Greenacres, West Hanningfield, Chelmsford, Essex, CM2 8UE. Confirmation letters are usually sent by email so please be sure to give an email address which you can check regularly (ie. *Not* your work email if you are going on maternity leave soon).

If you have any queries at all please call Meryl on 07595 219 759 or email yoga@sitaram.org.