

sitaram partnership scheduled group yoga birth rehearsal booking form 2007

(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 *two 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 2 weeks in advance. Thank you.

BLOCK CAPITALS PLEASE

Your Name.....

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

Address

.....

Email Address (please print clearly).....

Phone Number/s.....

Due Date Planned Place of Birth.....

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

Midwifery Practice /Team.....

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

| | | |
|---|--|--|
| <p>July</p> <p><input type="checkbox"/> Sat 7th 12.30 – 15.30 Sitaram</p> <p><input type="checkbox"/> Sun 8th 10 – 14.00 King's College Hospital</p> <p><input type="checkbox"/> Sun 15th 10 – 14.00 St. Thomas' Hospital</p> | <p>September</p> <p><input type="checkbox"/> Sat 8th 12.30 – 15.30 Sitaram</p> <p><input type="checkbox"/> Sun 9th 10 – 14.00 King's College Hospital</p> <p><input type="checkbox"/> Sun 16th 10 – 14.00 St. Thomas' Hospital</p> | <p>November</p> <p><input type="checkbox"/> Sat 10th 12.30 – 15.30 Sitaram</p> <p><input type="checkbox"/> Sun 11th 10 – 14.00 King's Coll Hospital</p> <p><input type="checkbox"/> Sun 18th 10 – 14.00 St. Thomas' Hospital</p> |
| <p>August</p> <p><input type="checkbox"/> Sat 11th 12.30 – 15.30 Sitaram</p> <p><input type="checkbox"/> Sun 12th 10 – 14.00 King's College Hospital</p> <p><input type="checkbox"/> Sun 19th 10 – 14.00 St. Thomas' Hospital</p> | <p>October</p> <p><input type="checkbox"/> Sat 13th 12.30 – 15.30 Sitaram</p> <p><input type="checkbox"/> Sun 14th 10 – 14.00 King's Coll Hospital</p> <p><input type="checkbox"/> Sun 21st 10 – 14.00 St. Thomas' Hospital</p> | <p>December</p> <p><input type="checkbox"/> Sat 8th 12.30 – 15.30 Sitaram</p> <p><input type="checkbox"/> Sun 9th 10 – 14.00 King's Coll Hospital</p> <p><input type="checkbox"/> Sun 16th 10 – 14.00 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 020 8678 0054 or email nirlipta@sitaram.org 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 Sitaram Partnership. 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 £40 per person/£80 per couple (£30 per person/£60 per couple concessions). Please tick below to indicate your method of payment (paypal preferred)

- I have paid by paypal (www.sitaram.org/birthing/index.html) and enclose my receipt
- I enclose a cheque for made out to Sitaram Partnership

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 paypal receipt or cheque to:

Scheduled Group Birth Rehearsal Bookings, Sitaram Partnership, c/o Meryl Dinsmore-Drew, Greenacres, West Hanningfield, Chelmsford, Essex, CM2 8UE. Confirmation letters are sent by post.

If you have any queries at all please call Meryl on 020 8678 0054, or email yoga@sitaram.org