



# Joyful Babies

Pregnancy Yoga, Birth & Baby Yoga Classes in Cambridge

## ENROLMENT FORM

To enrol in any courses/classes please complete this form and return it together with payment.

Title: \_\_\_\_\_ First name: \_\_\_\_\_ Last name: \_\_\_\_\_

Home Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Email: \_\_\_\_\_ Daytime tel no: \_\_\_\_\_

Mobile no: \_\_\_\_\_

Due Date: \_\_\_\_\_ Partners name: \_\_\_\_\_

Where do you plan to give birth? \_\_\_\_\_

What would you like to book for? \_\_\_\_\_

## BIRTHING LIGHTLY WORKSHOPS

✓			Date
	<b>Workshop 1</b>	Aiming for a natural birth. Breathing, movement, massage and partner support. An holistic approach.	
	<b>Workshop 2</b>	Understanding interventions. Knowing your options and making choices. A positive approach to all birth experiences.	
	<b>Workshop 3</b>	Life with a newborn baby. Communication, bonding and practical ideas to help with feeding and sleeping patterns.	

Cost: 1 workshop £40 per couple, 2 workshops £75, all 3 workshops £100

## ACTIVE BIRTH WORKSHOPS

Active Birth Workshop  
(Saturday Half Day) Date: \_\_\_\_\_ Cost £40 per couple

## PREGNANCY YOGA AND DISCUSSION CLASSES & POSTNATAL YOGA

Mondays Pregnancy Yoga	Wesley Church, Cambridge	6.30 – 8.00 pm	<input type="checkbox"/>	Cost £60 per 6 weeks
Tuesdays Pregnancy Yoga	Physic, Girton	6.30 – 8.00 pm	<input type="checkbox"/>	Cost £60 per 6 weeks
Thursdays Pregnancy Yoga	Trumpington Pavilion	6.00 – 7.30 pm	<input type="checkbox"/>	Cost £60 per 6 weeks
Fridays Postnatal Yoga	Trumpington Pavilion	10.00-11.30 am	<input type="checkbox"/>	Cost £60 per 6 weeks

Preferred Start Date \_\_\_\_\_ We will endeavour to get as near to this date as possible

Do you intend to:

✓

Just complete one block of 6 weeks

Continue until your due date

Not sure yet

This is just so we can have a rough idea of numbers, you can change your mind!

### Declaration

"I understand that Joyful Babies will not be liable for any loss, damage or injury that may occur whilst on the class premises. I understand that Joyful Babies does not give refunds once the course has started, or if lessons are cancelled due to unforeseen circumstances (cancellations are then subject to a £5.00 administration charge), credits for future terms are at Joyful Babies' discretion. I understand that details on this form are entirely confidential and although are entered onto a computer database, are for personal use of Joyful Babies only."

Signed \_\_\_\_\_ Dated \_\_\_\_\_

You can pay via Cheque or Paypal.

### Paypal Payments

If sending a Paypal payment, please log-on to Paypal and use the 'Send Money' option on the main menu. The payment email address is [payments@joyfulbabies.co.uk](mailto:payments@joyfulbabies.co.uk). Please include your name and address in the Message section so that we can link the payment to your product order form. You can then either email the enrolment form to [enquiries@joyfulbabies.co.uk](mailto:enquiries@joyfulbabies.co.uk) or send the form to: **Sally Lomas, Joyful Babies**, 43 French's Road, Cambridge CB4 3JZ

### Cheques

Please make cheques payable to "**Birthlight/Sally Lomas**". Send the form and payment to: **Sally Lomas, Joyful Babies**, 43 French's Road, Cambridge CB4 3JZ

If you have any other questions, please call (01223 564064) or email [enquiries@joyfulbabies.co.uk](mailto:enquiries@joyfulbabies.co.uk)