

# Saturday Yoga

Every Saturday  
LOUNGE 1883, Jackpot Terrace, 10.30am to 11.30am



Yoga connects the movement of the body and the functioning of the mind to the rhythm of breath. A typical session consists of a series of slow , gentle painless stretches and asanas that gradually increase in complexity as the student becomes stronger and more flexible. Yoga promote deep, steady breathing bringing about deep relaxation. Those practising yoga direct their attention inwards, which increases self-awareness.

Want to know more about what yoga can do for you?

Try it and enjoy the benefits of yoga now!



## Charges for Saturday Yoga For Beginners (8 Sessions)

SRC Members \$120+

Guest \$140+

## Walk In Rate

SRC Members \$20+

Guest \$25+

Rules and Regulation Applies.  
The Management of SRC reserves the right to change the terms and conditions of any prevailing package without any prior notice.

Registration forms are available at the Level 1 lift lobby. The minimum number of participants required for the individual classes to commence is 10. For more information, please contact A. Masran at 6595 0563 or email [masran.sports@src.org.sg](mailto:masran.sports@src.org.sg).

# Saturday Yoga

Date: \_\_\_\_\_ to \_\_\_\_\_

Member's Name: \_\_\_\_\_ Membership no.: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Contact no.: \_\_\_\_\_ (Home/Office) \_\_\_\_\_ (Mobile/Pager) \_\_\_\_\_ (Fax)

## **Participant Details (1)**

Participant Name: \_\_\_\_\_

Mailing address: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Contact no.: \_\_\_\_\_ (Home/Office) \_\_\_\_\_ (Mobile/Pager) \_\_\_\_\_ (Fax)

I/C no.: \_\_\_\_\_ DOB: \_\_\_\_\_

## **Participant Details (2)**

Participant Name: \_\_\_\_\_

Mailing address: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Contact no.: \_\_\_\_\_ (Home/Office) \_\_\_\_\_ (Mobile/Pager) \_\_\_\_\_ (Fax)

I/C no.: \_\_\_\_\_ DOB: \_\_\_\_\_

Total number of participants: \_\_\_\_\_

## **NOTES:**

1. No refund of course fees or make-up lessons will be conducted should participants fail to turn up on that day.
2. THE CLUB, its staff and organisers are indemnified against any claims for damage, loss of property, injuries (fatal or otherwise) sustained as a result of participation.
3. Event is open to participants 16 years old and above only
4. All participants must be medically fit and the Club, its staff and organisers are indemnified against any claims for damages, loss of property, injuries (fatal or otherwise) sustained as a result of voluntary participation.
5. The organisers reserve the right to change the date, time and place of the event when deemed necessary.
6. The Management of SRC reserves the right to change the terms and conditions of any prevailing package without any prior notice.
7. Participant must abide for all 8 sessions of the Saturday Yoga for Beginners.
8. A full monthly fee will be charge irrespectively whether you join in the beginning, middle or at the end of the month.
9. There will be no cancellation during all 8 sessions of the Saturday Yoga for Beginners.
10. The minimum requirement for this event to take place is 10 participants per class.

I / We agree to abide by the general regulations of Saturday Yoga stated above and authorise SRC to deduct the fees payable for the Saturday Yoga through my account.

- Please Deduct S\$ \_\_\_\_\_ x \_\_\_\_\_ from my account.
- Please Deduct S\$ \_\_\_\_\_ x \_\_\_\_\_ from my account for my Guest(s).

Member's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please return registration form to the Front Desk or fax 6336 6675. For more information, please contact A Masran at 6595 0563 or email masran.sports@src.org.sg.