

Thank you for taking the time to invest in your health and wellbeing, we hope you enjoy your FREE "Feel Fit & Flexible, Energised & Calm" 3 Classes.

- **Would you like to continue to work on your flexibility and strength, whilst making time for yourself?**
- **Do you feel you would benefit from regular classes to help you stay on track with your practice in a positive and motivating environment?**
- **Love the idea of working on releasing stress and feeling energised, centred and calm?**



****SIGN UP BEFORE THE END OF YOUR TRIAL** to receive a one-off special offer on our memberships!**

Monthly Programmes*

...ideal if you...

- Want to invest in your wellbeing and would like to maintain a regular practice each month

We give you...

- A choice of programs to suit your commitment
- Savings on workshops & events
- No cancellation penalties
- Access to the closed Facebook members group

Investment...

£40 (5 classes) per month **Yearly saving £60**
£60 (10 classes) per month **Yearly saving £120**
£75 (20 classes) per month **Yearly saving £180**

Class Packs**

...ideal if you...

- Want to invest in your wellbeing but are busy and want total freedom to practice as and when you want

We give you...

- A choice of 10 or 20 class packs
- The ability to cancel up to 24 hours in advance
- Not tied to any programs
- Access to the online booking system

Investment...

£110 (10 classes) **Saving £20**
£200 (20 classes) **Saving £40**

Remember this is just the very start, think of it as laying really good foundations to a strong building.

Starting a regular yoga and meditation practice will make a huge difference to your physical and mental wellbeing, as well as being massively beneficial to those around you and we'd like to support you through this time.

*12 month contract (6 month break clause)

**2 months & 5 months expiry respectively

As you embark on your yoga journey, we will show you how with consistent practice and support from our wonderful teachers, you will begin to feel and move better than you can possibly imagine!

The Twisted Yoga Guarantee...

Our guarantee means that if after one month of coming to our classes you haven't left each class feeling much better than when you came in, and feel unsatisfied with your decision, we will refund you for the month 😊

Success Stories...

"The best yoga school I have ever attended and I've been to quite a few in my time. The teaching is incredibly high quality with each class totally fresh. I have experienced issues with depression and anxiety and found myself unfit and struggling with body image after having my baby a few months ago. 2 months into starting yoga at Twisted, my confidence, happiness and fitness grew massively. Thank you to all the wonderful teachers for this life-changing experience. I could not recommend Twisted Yoga enough!" (Emmy)

"A very friendly welcoming studio with fantastic teachers, and a variety of classes offered for different needs and abilities. The best yoga studio I have been to!" (Ben)

"Nighean Hardie is an amazing teacher...she teaches all her classes with integrity and strength of knowledge...her energy and enthusiasm is always present and her influences have changed my physical emotional and spiritual life... thank you." (Claudia)

"Twisted Yoga is my haven! I arrived here 2 years ago, and I can see that yoga will be in my life forever! Nighean and her team are the best." (Deborah)

Are you ready to invest in yourself?

Name on card	
Card Number	
Expiry Date	
Security Code	
Signed	
Address	
Which Option?	

(Once card details have been entered into your account, this form is then destroyed).