

## **Ayurvedic Consultations and Massage**

are now provided on our premises by OHM Healthcare. Ayurveda is a gentle and effective way to balance mind, body and spirit.

## **Food Intolerance**

**Testing** is now available for

59 common food culprits.

Contact Reception for details.

## **Outreach News**

The Centre is running Mindful Movement classes at two local primary schools and has contributed to GCSE revision programmes at a local senior school. We have presented sessions for groups of GP trainees, and we are in discussion with Carers' groups to increase awareness of the benefits of complementary group-based approaches to health.

---

## **Taster Enrolment Form**

### **Come and taste our classes for FREE!**

I would like to attend the following tasters (max 3):

Name .....

Address .....

.....Postcode .....

Tel (day).....Tel (eve) .....

Mobile.....Email .....

Class	Ref	Day	Time

Confirmation of enrolment will only be given if an SAE is enclosed.  
Send to: The Letchworth Centre, Rosehill Hospital, Hitchin Road,  
Letchworth, Herts SG6 3NA

# Free Tasters!

Don't forget to enrol!  
Complete the form on page 3

Class	Date	Time	Code
Alexander Technique	Wed 23 April (JH)	6:45-8pm	TX11
Art of Living	Fri 25 April (AA)	7-8:30pm	TA1
Art of Living	Sat 26 April (AA)	9:30-11am	TA2
Assertiveness for Women	Tues 22 April (JS)	7-8:00pm	TAW1
Ballet (Adult)	Tues 22 April (VL)	7-8pm	TBB1
Ballet (Adult)	Thurs 24 April (VL)	12:45-1:45pm	TBB2
Ballroom & Latin Dance	Fri 25 April (N&DP)	7-8pm	TBD2
Body Conditioning	Tues 22 April (LG)	12:30-1:30pm	TBC1
Body Conditioning	Tues 22 April (LG)	5:30-6:30pm	TBC2
Body Conditioning	Wed 23 April (LG)	8:20-9:20pm	TBC3
Body Conditioning	Sat 26 April (LG)	9.30- 10.30am	TBC4
Carnival Dances from Brazil	Wed 23 April (MM)	10-11am	TCD1
ChiBall	Thurs 24 April (DB)	5.30- 6.30 pm	TCB1
Energy Awareness/ChiKung	Wed 23 April (IW)	6:45-8:00pm	TCK1
Five Rhythms™	Mon 21 April (RL)	8.30-9.30pm	TFR2
Keep Fit	Mon 21 April (LG)	6-7pm	THF1
Keep Fit	Wed 23 April (LG)	12:30-1:30pm	THF4
Keep Fit	Wed 23 April (LG)	7-8pm	THF3
Keep Fit	Sat 26 April (LG)	8.30- 9.30am	THF2
Latin American Dance	Tues 22 April (MM)	8:15-9:15pm	TLA1
Meditation	Wed 24 April (IW)	8:15-9:45pm	TM3
Mindfulness-based Stress Reduction	Mon 21 April (VH)	7:30-9pm	TSR1
Moving Mindfully	Wed 23 April (JH)	8:15-9:30pm	TMM2
Pilates	Wed 23 April (AB)	11:15am-12:30pm	IPL35
Pilates	Wed 23 April (SL)	5:45-7pm	IPL3
Pilates	Thurs 24 April (AB)	5:30-6:45pm	IPL7
Pilates	Thurs 24 April (AB)	8:30-9:45pm	IPL7
Pilates	Fri 25 April (SL)	9:30-10:45am	IPL8
Pilates for Back Care	Tues 22 April (RL)	12noon-1:15pm	IPL38
Pre-natal Yoga	Tues 22 April (GN)	9:30-11am	TYP2
Raqs Sharqi	Tues 22 April (BP)	7:30-8:30pm	TQ2
Salsa	Thurs 24 April (MM)	7:30-8:30pm	TSA1
Tae Kwon Do	Sat 26 April (LH)	10.30am-noon	TTKD2
T'ai Chi	Mon 21 April (RL)	7-8.30pm	TT1
T'ai Chi	Thurs 24 April (DP)	7:30-8:30pm	TT15

# Taste our classes for FREE!!

...a great opportunity to try out the classes

Class	Date	Time	Code
Yoga	Mon 21 April (CR)	6:15-7:15pm	TY8
Yoga	Wed 23 April (JW)	6:15-7:45pm	TY21
Yoga	Wed 30 April (SH)	8-9:30pm	TY19
Yoga	Thurs 24 April (JB)	1-2:30pm	TY39
Yoga	Fri 25 April (LK)	7.30-8.30pm	TY38
Yoga	Sat 3 May (SH)	8:45-10:15am	TY16
Yoga (Iyengar)	Tues 22 April (TM)	7-8:30pm	TY30
Yoga (Iyengar)	Thurs 24 April (TM)	10-11:30am	TY3
Yoga (Kundalini)	Thurs 24 April (SNS)	11am-12:30pm	TYK1
Yoga (Kundalini)	Thurs 24 April (SNS)	8:30-10pm	TYK2
Yoga (Remedial)	Thurs 24 April (AH)	5:30-6:45pm	YR1

## KIDS STUFF TASTERS

Class	Date	Time	Code
Baby Massage	Mon 21 April (A-LE)	10:15-11:15am	TBM1
Ballet for Kids (ages 2-3)	Sat 26 April (VL)	9-9:30 am	TBK5
Ballet for Kids (ages 3-4)	Sat 26 April (VL)	9:30-10am	TBK1
Ballet for Kids (ages 4-5)	Sat 26 April (VL)	10-10:30am	TBK2
Ballet for Kids (ages 5-6)	Sat 26 April (VL)	10:30-11:15am	TBK3
Ballet for Kids (Grade 1)	Sat 26 April (VL)	11:15-noon	TBK4
Music with your Baby	Wed 23 April (AB)	10:15-10:45am	TMYB1
YogaBugs (2-4)	Thurs 24 April (JW)	4:15-4:45pm	TYFK1
YogaBugs (2-7)	Fri 25 April (VL)	4:15-4:45pm	TYFK2
Yoga for Kids (4-8)	Tues 22 April (JB)	4-4:45pm	TYFK3
Yoga for Kids (8-12)	Thurs 24 April (JW)	4:45-5:30pm	TYFK5
Yoga for Teens (11-15)	Tues 22 April (JW)	6-7pm	TYFK7
Yoga for Teens (11-15)	Fri 25 April (VL)	4:45-5:45pm	TPER2
Young Performers (7-10)	Wed 23 April (GT-J)	4-5:20pm	TPER3
Young Performers (11-13)	Wed 23 April (GT-J)	5:25-6:45pm	KT13