



Fife Women in Business

Synergise Success!

**Synergy Yoga and Therapy Centre, 5 Crompton Road,
Southfield Industrial Estate, Glenrothes KY6 2SF**

Monday 17th August 2009 at 7.00 for 7.30pm

Join us to learn a combination of lunchtime yoga and chair yoga that we can take back to the office and use every day to ward off pain and stiffness and boost energy and alertness.

What to wear:

Clothes that are comfortable and non-restricting eg leggings and T-shirt or a leotard.

Bare feet or non-slip socks are fine.

A selection of wholesome and delicious vegetarian including home baking will be available plus Fair Trade teas/coffees and a selection of herbal/fruit teas.

If you wish, you can bring your own alcohol!

Cost - £14.00

Member: _____ Member Company: _____

Guest: _____ Guest Company: _____

Guest Tel: _____ Guest Email address: _____

If you have more than one guest please attach details to booking form or write on the back

Total Amount Enclosed: _____ x £14.00 = £ _____

*Please ensure that payment is made prior to the event. If you require a receipt please photocopy this booking form for your own records or request a receipt from our Treasurer Make your cheque payable to Fife Women in Business.
Cancellation after 14th August will not be reimbursed.*

Please return booking form by Friday 14th August 2009 at the latest to:

Valerie Cuell
FWB Treasurer
22, Chandlers Walk
Dalgety Bay
Fife KY11 9FE

admin@fifewomeninbusiness.com

Next Meeting:
Monday 21st September 2009
**Tanya Ewing, British Female Inventor
of the Year 2008**
King Malcolm Hotel, Dunfermline
7.00pm for 7.30pm
Female friends and colleagues welcome

FWB Booking Form