

FINDING OUR GROUND

A Morning of Yoga with Bill Wood

FRIDAY 22 SEPTEMBER 2017
CAVENDISH PAVILION,
Field End Road, Eastcote HA4 9PG
9.30am - 1.00pm Cost £36



Learning how to surrender more and more fully into the ground is a central tool in becoming more deeply relaxed, and then lighter and freer in our yoga practice.

Open to all, this workshop will be a blend of posture, relaxation, and sitting practice.

A yoga teacher since 1994, Bill has studied extensively since 1995 with Diane Long and, more recently, Sandra Sabatini, two of Vanda Scaravelli's longest standing students. He has also trained at length with Sophie Hoare and John Stirk, and back in the mid-1990s qualified as a Sivananda Teacher and as a Yoga Therapist with the YBT. He also works as a psychotherapist with a private practice in Devon.

-----Please detach and retain top half-----

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Friday 22nd September 2017 9.30am – 1pm

Application Form – Cost £36

Name.....

E-Mail Address.....

Telephone Number.....

Please make cheques payable to:- Jackie Barker, 14 The Uplands, Ruislip, HA4 8QN

Telephone: 01895 675426 07876 207408 e-mail Jackie@yogawithjackie.co.uk www.yogawithjackie.co.uk

NB. If people have to withdrawn I'll always offer a full refund with 1 month's notice and a 50% refund with 14 days notice if there is no waiting list.