

LETTING THE BODY UNWIND

A Morning of Yoga with Bill Wood

FRIDAY 19 OCTOBER 2018
CAVENDISH PAVILION,
Field End Road, Eastcote HA4 9PG
9.30am - 1.00pm Cost £36



Somewhere in the yoga journey we realise that the body already knows how best to release and realign - we just need to keep it as vital and free as possible so the practice can flower and emerge.

A yoga teacher since 1994, Bill runs weekly classes in south Devon, and weekend workshops and retreats all around the UK.

Though inspired by many different yoga and meditation traditions, Bill's main influence has been the teachings of the late Vanda Scaravelli, and he continues to study with Sandra Sabatini, one of her closest students.

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

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Friday 19th October 2018 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 BACs 08-92-86 16087499
Telephone: 01895 675426 07876 207408 e-mail Jackie@yogawithjackie.co.uk www.yogawithjackie.co.uk

NB. If people have to withdraw 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.