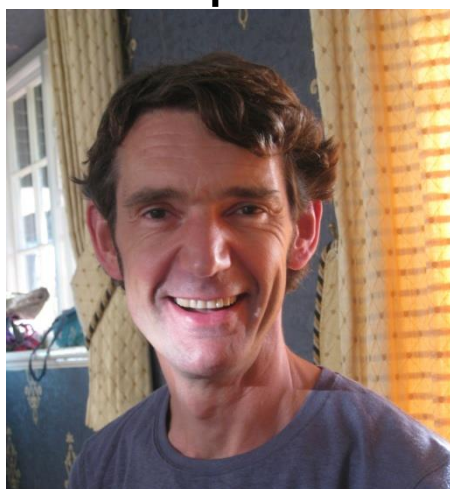


# HOW TO RELEASE WITH THE BREATH

A Day of Yoga Practise with Bill Wood

SUNDAY 28<sup>TH</sup> JANUARY 2018

CAVENDISH PAVILION,  
Field End Road, Eastcote HA4 9PG  
10am – 4.00pm Cost £51



Whether we're in a challenging posture, lying on the floor relaxing, or sitting in mediation, learning how to free and release our breathing can play a pivotal role in deepening our Yoga practise

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

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

## A Day of Yoga Practise with Bill Wood

Sunday 28<sup>th</sup> January 2018 10am – 4pm

Application Form – Cost £51

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](mailto:Jackie@yogawithjackie.co.uk) [www.yogawithjackie.co.uk](http://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.