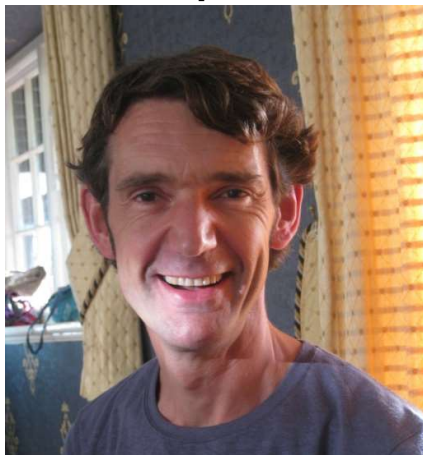


BEING SOFT, BEING STRONG

A Day of Yoga Practice with Bill Wood

SUNDAY 29TH JANUARY 2017

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



Paradoxically the softer and looser we become, the stronger and more vital our yoga practice can start to feel.

Exploring this theme, this workshop will be posture based, with periods of relaxation and sitting practice woven in.

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-----

A Day of Yoga Practice with Bill Wood

Sunday 29TH JANUARY 2017

Application Form – Cost £51

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 If people have to withdrawn I'll always offer a full refund with 1 month's notice and a 50% refund with 14 days notice if there is no waiting list.