

FREEING THE SPINE

A Day of Yoga Practise with Bill Wood

SUNDAY 3rd FEBRUARY 2019

FAIRWAY, RUISLIP GOLF CLUB

Ickenham Rd, Ruislip HA4 7DQ

10am – 4.00pm Cost £51



As we practise Yoga sensitively with our awareness in our centre - in our spine - our deepest holding patterns can start to release and the natural spinal movements can re-emerge and come back to life.

Exploring this theme, this Yoga day will be posture based, with periods of relaxation and sitting practise woven in.

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-----

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Sunday 3rd February 2019 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 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.