



2019

Manor Farm Stables
Ruislip HA4 7QL

YOGA FOR BEGINNERS

Friday 9.30am - 11.00am

Tutored by Jackie

This is a lovely class for BEGINNERS with the teaching at a Basic Practice level, although students with some experience are welcome.

The Yoga is Hatha and a whole body approach to fitness. The postures (Asanas) help to free up the body, promoting suppleness, strength and improved posture.

The breath becomes freer. The mind a quieter place.

26 April - 12 July - 11 weeks - £110

Half Term w/c Mon 27 May

6 September - 6 December - 13 weeks - £130

Half Term w/c Mon 21 October

NOTE: Payment for each course is in advance.

NOTE 2 cheques will be accepted; one current and one post-dated to the Monday of 1/2 term.

Please count number of weeks in each half term at £10 per week.

NOTE: Full payment is required if paying by bank transfer – 09-01-28 18051129

NOTE: Drop-in classes £13 per session - if places available for regular students.

Cheques payable to:- Jackie Barker, 14 The Uplands, Ruislip, HA4 8QN.

Tel: 01895 675426 07876 207408 e-m: jackie@yogawithjackie.co.uk www.yogawithjackie.co.uk

-----PLEASE DETACH AND RETAIN TOP HALF-----

Booking Slip

Friday 9.30am with Jackie

Name.....

E-Mail Address.....

Tel (land line)

Paid £.....

Tel (mobile).....