



2017

**Cavendish Pavilion
Eastcote HA4 9PG**

Monday 6.15 - 7.45pm

Monday 8.00 - 9.30pm

Tutored by Jackie

These classes have been established for many years. The 6.15pm time is ideal for school teachers to recharge their batteries. Both groups are mixed ability of all ages and suitable for beginners; with more men coming to the later class.

The Yoga is Hatha and a whole body approach to fitness. Yoga postures (Asanas) free up the body, promoting suppleness, strength and improved posture. Breathing is freer allowing breathing practices (Pranayama) and the mind becomes a quieter place.

9 January - 27 March - 11 weeks - £99

Half Term w/c Mon 13 February

24 April - 3 July - 9 weeks - £81

May Day Bank Holiday 1 May

Half Term w/c Mon 29 May

Summer School

10,17,24,31 July - 4 weeks - £40

4 September - 4 December - 13 weeks - £117

Half Term w/c Mon 23 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 ½ term

NOTE: Full payment is required if paying by bank transfer. Please contact for details.

NOTE: Drop-in classes £11 per session if places available.

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

Mon (delete) 6.15/8.00pm

Summer School 7.30pm

Name.....

E-Mail Address.....

Tel (land line) Course Paid £.....

Tel (mobile).....