



**2018**

**Cavendish Pavilion  
Eastcote HA4 9PG**

**Monday 6.15pm**

**Tutored by Jackie**

**BASIC PRACTISE YOGA**

**Back by popular demand. This class is suitable for students who have worked with me before and beginners.**

**This class is basic practise Yoga, which can accommodate Beginners and also those who have worked with me before. This earlier class is ideal for teachers to recharge their batteries and then get home for an earlier night.**

**We will be exploring asana (postures), relaxation and some basic breathing practises.**

**3 September - 3 December - 13 weeks - Cost £117  
Half Term w/c Mon 22 October**

- NOTE: Payment is in advance.**
- NOTE 2 cheques will be accepted; one current and one post-dated to the Monday of ½ term.  
Please count number of weeks in each half term at £9 per week.**
- NOTE: Full payment is required if paying by bank transfer. 09-01-28 18051129.**
- NOTE: Drop-in classes £12 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](mailto:jackie@yogawithjackie.co.uk) [www.yogawithjackie.co.uk](http://www.yogawithjackie.co.uk)*

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

**Booking Slip** **Mon 6.15pm with Jackie**

Name.....

E-Mail Address.....

Tel (land line) ..... **Course Paid £**.....

Tel (mobile).....