



2019

Cavendish Pavilion
Eastcote HA4 9PG

Monday 6.15- 7.45pm

Tutored by Jackie

BASIC PRACTISE YOGA

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.

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.

7 January - 1 April	- 12 weeks	- £120
<u>Half Term w/c Mon 18 February</u>		
29 April - 8 July	- 9 weeks	- £90
<u>May Day Bank Holiday 6 May</u>		
<u>Half Term w/c Mon 27 May</u>		
2 September - 2 December	- 13 weeks	- £130
<u>Half Term w/c Mon 21 October</u>		

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 **Mon 6.15pm with Jackie**

Name.....

E-Mail Address.....

Tel (land line) Course Paid £.....

Tel (mobile).....