



**2018**

**Cavendish Pavilion  
Eastcote HA4 9PG**

**Monday 7.30 – 9pm**

**Tutored by Jackie**

**NEW BEGINNERS YOGA  
EXPLORING THE BASICS AGAIN**

This class is intended to encourage Beginners to try out Yoga and also for students who have done some Yoga before, but would like to explore the basics again. 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.

**8 January - 26 March - 11 weeks - £99**

**Half Term w/c Mon 12 February**

**16 April - 9 July - 11 weeks - £99**

**May Day Bank Holiday 7 May**

**Half Term w/c Mon 28 May**

**3 September - 3 December - 13 weeks - £117**

**Half Term w/c Mon 22 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 £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 7.30pm**

**Name.....**

**E-Mail Address.....**

**Tel (land line) .....**

**Course Paid £.....**

**Tel (mobile).....**