



**2019**

**The Grange Country House  
Rickmansworth Rd  
Northwood HA6 2RB**

**Monday 7.30 – 9.00pm**

**NEW BEGINNERS YOGA**

**Tutored by Raksha**

The 7.30pm Monday Yoga session at the Grange is a completely New Beginners Class and a wonderful opportunity for students to join and relax into the experience of Yoga with the secure knowledge that they are going to be taught the basics. There will be some postures (asanas) to free up the body, some breathing practises once the body has begun to open up and of course relaxation techniques to help bring on the endorphins for a totally relaxed body experience.

It will also be open to students who would like to explore the basics again.

29 April - 8 July - 9 weeks - £90

May Day Bank Holiday 6 May

Half Term w/c Mon 27 May

2 September - 2 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](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 – New Beginners at The Grange, Northwood

Name.....

E-Mail Address.....

Tel (land line) .....

Course Paid £.....

Tel (mobile).....