



2017

RUISLIP GOLF CLUB

Ickenham Road, Ruislip HA4 7DQ

MONDAY 7.45 - 9.15pm

Tutored by Gilly

Yoga has been established at the Ruislip Golf Club since 2009. Every Monday evening a very friendly group of like-minded people come to practise Yoga. The class is mixed ability and welcomes beginners and also those with some experience. There is a huge age range and no one is ever too old to start. The Yoga is Hatha and a whole body approach to fitness. Students enjoy the benefits of a regular Yoga practise and become more in touch with their bodies. Flexibility is increased, posture improves and breathing is freer, while 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

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 half 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 7.45pm – The Fairway at Ruislip Golf Club

Name.....

E-Mail Address.....

Tel (land line) Course Paid £.....

Tel (mobile).....