



2018

## 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.

**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 7.45pm – The Fairway at Ruislip Golf Club

Name.....

E-Mail Address.....

Tel (land line) .....

Course Paid

£.....

Tel (mobile).....