



2019

**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. 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](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).....