



**2019**

**Cavendish Pavilion  
Eastcote HA4 9PG**

**Monday 8.00 – 9.30pm**

**with Jackie**

**BEGINNERS/BASIC PRACTICE YOGA**

The 8pm Monday specialises in introducing Beginners to Yoga and students who would like to explore the basics again. It is 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 experience.

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 8pm – Beginners/Basic**

Name.....

E-Mail Address.....

Tel (land line) .....

**Course Paid £**.....

Tel (mobile).....