



**2017**

**Cavendish Pavilion  
Eastcote HA4 9PG**

**Monday 8.00 - 9.30pm**  
**Mixed ability - beginners welcome**  
**Tutored by Natasha**

Since Natasha took over this class in '14 she has built it up into an interactive and very successful Yoga group of mixed ability students which welcomes beginners, while maintaining the interest of students who have completed other terms. If you are unsure, please contact Jackie to discuss any queries.

The Yoga is HATHA YOGA - the Yoga of movement - and a whole body approach to fitness. Yoga postures (ASANAS) free up the body, promoting suppleness, strength and improved posture. Breathing is freer allowing breathing practices (PRANAYAMA) and the mind becomes a quieter place.

<b>9 January</b>	<b>- 27 March</b>	<b>- 11 weeks</b>	<b>- £99</b>
<b><u>Half Term w/c Mon 13 February</u></b>			
<b>24 April</b>	<b>- 3 July</b>	<b>- 9 weeks</b>	<b>- £81</b>
<b><u>May Day Bank Holiday 1 May</u></b>			
<b><u>Half Term w/c Mon 29 May</u></b>			
<b>4 September</b>	<b>- 4 December</b>	<b>- 13 weeks</b>	<b>- £117</b>
<b><u>Half Term w/c Mon 23 October</u></b>			

**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.*

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**-----PLEASE DETACH AND RETAIN TOP HALF-----**

**Booking Slip**

**Mon 8.00pm with Natasha**

**Name.....**

**E-Mail Address.....**

**Tel (land line) ..... Course Paid £.....**

**Tel (mobile).....**