



2018

**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.

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 www.yogawithjackie.co.uk

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

Booking Slip

Mon 8.00pm with Natasha

Name.....

E-Mail Address.....

Tel (land line)

Course Paid £.....

Tel (mobile).....