



2018

**Cavendish Pavilion
Eastcote HA4 9PG**

Monday 8.00 – 9.30pm

NEW BEGINNERS YOGA

The 8pm Monday is a completely new Beginners class. It will also be open to students who would like to explore the basics again.

The Yoga is Hatha and a whole body approach to fitness. Yoga postures (Asanas) free up the body, promoting suppleness, strength and improved posture. The breathing mechanism then becomes freer allowing some basic breathing practices (Pranayama) and the mind becomes a quieter place.

**3 September - 3 December - 13 weeks - Cost £117
Half Term w/c Mon 22 October**

NOTE: Payment is in advance.

NOTE 2 cheques will be accepted; one current and one post-dated to the Monday of ½ 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.

*Cheques payable to:- Jackie Barker, 14 The Uplands, Ruislip, HA4 8QN
Tel: 01895 675426 07876 207408
e-m: jackie@vogawithjackie.co.uk www.vogawithjackie.co.uk*

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

Booking Slip

Mon 8pm

Name.....

E-Mail Address.....

Tel (land line)

Course Paid £.....

Tel (mobile).....