



2017

**Cavendish Pavilion  
Eastcote HA4 9PG**

**Monday 9.30 – 11.00am**

**Tutored by Jackie**

This class was the first class Jackie started at the Cavendish 20 years ago. It is a lovely group of mixed ability students of all ages and very suitable for beginners. The Yoga is Hatha 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.

**9 January - 27 March - 11 weeks - £99**

**Half Term w/c Mon 13 February**

**24 April - 3 July - 9 weeks - £81**

**May Day Bank Holiday 1 May**

**Half Term w/c Mon 29 May**

**Summer School**

**10,17,24,31 July - 4 weeks - £40**

**4 September - 4 December - 13 weeks - £117**

**Half Term w/c Mon 23 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 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.***

***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 9.30am**

**Summer School 9.30am**

**Name.....**

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

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

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