



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 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).....