



2019

**Cavendish Pavilion
Eastcote HA4 9PG**

Monday 9.30 – 11.00am

Tutored by Jackie

This class was the first class Jackie started at the Cavendish 25 years ago. It is a lovely supportive group of mixed ability students of all ages and very suitable for beginners. The Yoga is Hatha and a whole body approach to fitness. The postures (Asanas) help to free up the body, promoting suppleness, strength and improved posture. The breath becomes freer. The mind a quieter place.

7 January - 1 April	- 12 weeks	- £120
<u>Half Term w/c Mon 18 February</u>		
29 April - 8 July	- 9 weeks	- £90
<u>May Day Bank Holiday 6 May</u>		
<u>Half Term w/c Mon 27 May</u>		
2 September - 2 December	- 13 weeks	- £130
<u>Half Term w/c Mon 21 October</u>		

NOTE: Payment for each course 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 £10 per week.

NOTE: Full payment is required if paying by bank transfer – 09-01-28 18051129

NOTE: Drop-in classes £13 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 9.30am

Name.....

E-Mail Address.....

Tel (land line) Course Paid £.....

Tel (mobile).....