

A workshop with Pete Blackaby

SUNDAY 5 November 2017

CAVENDISH PAVILION,
Field End Road, Eastcote HA4 9PG
10.30am – 4.30pm Cost £51



Pete Blackaby is an amazing thinker and very much his own person. Over the many years of our acquaintance and subsequent Yoga workshops attended, Pete has never disappointed, coming up with new ideas and relishing in a good argument about body movement, postures and generally challenging long held ideas in the Yoga world.

This workshop will encourage you to explore new ways of approaching movement and challenge long held, and perhaps so called ‘traditional’ ways of working with the body.

Peter has over 30 years experience as a Yoga Teacher and Trainer and is a practising osteomyologist. He is the author of ‘Intelligent Yoga’ published in 2012; the art of using our body intelligently when practising Yoga. He lives in Brighton and works from his own Yoga Studio, Unit 4 in Brighton.

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Application Form – Cost £51

Name.....

E-Mail Address.....

Telephone Number.....

Please make cheques payable to:- Jackie Barker, 14 The Uplands, Ruislip, HA4 8QN

01895 675426 or 07876 207408 e-mail jackie@yogawithjackie.co.uk www.yogawithjackie.co.uk

N.B If people have to withdraw I'll always offer a full refund with 1 month's notice and a 50% refund with 14 days notice if there is no waiting list.