



YOGA

SUMMER SCHOOL 2017

4 WEEKS £40

DROP IN £12

The Cavendish Pavilion, Field End Road, Eastcote, HA4 9PG

w/c 10th, 17th, 24th, 31st JULY

MON 9.30am MON 7.30pm WED 7.30pm

All classes are Asanas/postures with the following themes.

- Week 1 - Turning on the Lights with Asanas to wake up the Chakras.
- Week 2 - Playing with the Ball and Socket Joints.
- Week 3 - Exploring the sound of AUM with Asanas and simple Mantras.
- Week 4 - Yoga Nidra - Asanas followed by deep relaxation - no sleeping!

ALL CLASSES WILL BE MIXED ABILITY AND SUITABLE FOR BEGINNERS

NOTE: Full payment and odd week payment in advance, except for drop in.

Cheques payable to:- Jackie Barker, 14 The Uplands, Ruislip, HA4 8QN

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www.yogawithjackie.co.uk

.....PLEASE DETACH AND RETAIN TOP HALF.....

Booking Slip Summer School.....

Name.....

E-Mail Address.....

Tel (land line).....Paid £.....

Tel (mobile).....