



2017

**Cavendish Pavilion
Eastcote HA4 9PG**

Thursday 9.30am - 11.00am

Tutored by Jackie

This class like Monday morning is a great group of students and very popular with people who do shift work, parents with children at school or those who are self-employed. It is mixed ability 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.

12 January - 30 March - 11 weeks - £99

Half Term w/c Mon 13 February

20 April - 6 July - 11 weeks - £99

Half Term w/c Mon 29 May

7 September - 7 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 ½ 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

Thurs 9.30am

Name.....

E-Mail Address.....

Tel (land line)

Paid £.....

Tel (mobile).....