



**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.

<b>12 January - 30 March</b>	<b>- 11 weeks</b>	<b>- £99</b>
<b><u>Half Term w/c Mon 13 February</u></b>		
<b>20 April - 6 July</b>	<b>- 11 weeks</b>	<b>- £99</b>
<b><u>Half Term w/c Mon 29 May</u></b>		
<b>7 September - 7 December</b>	<b>- 13 weeks</b>	<b>- £117</b>
<b><u>Half Term w/c Mon 23 October</u></b>		

**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](mailto:jackie@yogawithjackie.co.uk) [www.yogawithjackie.co.uk](http://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).....