



2018

**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.

11 January - 29 March - 11 weeks - £99

Half Term w/c Mon 12 February

19 April - 12 July - 12 weeks - £108

Half Term w/c Mon 28 May

6 September - 6 December - 13 weeks - £117

Half Term w/c Mon 22 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.

Please count number of weeks in each half term at £9 per week.

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

NOTE: Drop-in classes £12 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

Thurs 9.30am

Name.....

E-Mail Address.....

Tel (land line)

Paid £.....

Tel (mobile).....