



2019

**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. The postures (Asanas) help to free up the body, promoting suppleness, strength and improved posture.

The breath becomes freer. The mind a quieter place.

10 January - 4 April	- 12 weeks	- £120
<u>Half Term w/c Mon 18 February</u>		
25 April - 11 July	- 11 weeks	- £110
<u>Half Term w/c Mon 27 May</u>		
5 September - 5 December	- 13 weeks	- £130
<u>Half Term w/c Mon 21 October</u>		

NOTE: Payment for each course is in advance.

NOTE: 2 cheques will be accepted; one current and one post-dated to the Monday of 1/2 term.

Please count number of weeks in each half term at £10 per week.

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

NOTE: Drop-in classes £13 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 with Jackie

Name.....

E-Mail Address.....

Tel (land line)

Paid £.....

Tel (mobile).....