



2017

Cavendish Pavilion
Eastcote HA4 9PG

Thursday 7.30 - 9.00pm

Tutored by Jackie

HATHA YOGA + INTRODUCTION TO MEDITATION
Beginners Welcome

This class is a lovely group with quite a few men who attend on a regular basis and is very suitable for a beginner. There are Hatha Yoga postures, followed by 10 minutes of Introduction to Meditation, with a final 10 minutes of relaxation. There will be a different emphasis and concentration exercise each week. Chairs will be available for beginners, or students who find it difficult to sit on the floor for too long.

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 7.30pm.....

Name.....

E-Mail Address.....

Tel (land line)

Paid £.....

Tel (mobile).....