



**2018**

**Cavendish Pavilion  
Eastcote HA4 9PG**

**Thursday 7.30 - 9.00pm**

**Tutored by Jackie**

**HATHA YOGA**

**Beginners Welcome**

This class is a lovely group with quite a few men who attend on a regular basis. The work is very assessable to beginners, or students who simple wish to go back to basics.

Students will learn Hatha Yoga postures, which are modified as necessary and how to relax. Pranayama, breathing techniques, are introduced later in the courses. Chairs are available for beginners.

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