



2019

**Cavendish Pavilion
Eastcote HA4 9PG**

Thursday 7.30 – 9.00pm

Tutored by Jackie

HATHA YOGA

Beginners Welcome

This class is a lovely group of mixed ability students, which welcomes beginners, or students who simply wish to stay with a basic practise. Students will learn how to relax, basic breathing techniques and Hatha Yoga postures, which will be modified as necessary. Chairs are available for those with stiff knees.

10 January - 4 April - 12 weeks - £120

Half Term w/c Mon 18 February

25 April - 11 July - 11 weeks - £110

Half Term w/c Mon 27 May

5 September - 5 December - 13 weeks - £130

Half Term w/c Mon 21 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 £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 7.30pm with Jackie

Name.....

E-Mail Address.....

Tel (land line)

Paid £.....

Tel (mobile).....