



2018

**Cavendish Pavilion
Eastcote HA4 9PG**

Thursday 7.30 - 9.00pm

Tutored by Natasha

BEGINNERS/REFRESHERS HATHA YOGA

The Thursday 7.30pm class tutored by Natasha is a completely new Beginners/Refreshers class. This class is for new students and for students who need to refresh their practice. Students will be taken slowly through the basics of Yoga postures, simple breathing practises and relaxation techniques

**6 September - 6 December - 13 weeks - Cost £117
Half Term w/c Mon 22 Oct**

NOTE: Payment 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

Cheques payable to: Jackie Barker, 14 The Uplands, Ruislip, HA4 8QN

Tel: 01895 675426 Mob: 07876 207408

e-m: jackie@yogawithjackie.co.uk www.yogawithjackie.co.uk

-----**PLEASE DETACH AND RETAIN TOP HALF**-----

Booking Slip - Thurs 7.30pm with Natasha

Name.....

E-Mail Address.....

Tel (land line) Paid £.....

Tel (mobile).....