



2017

Cavendish Pavilion  
Eastcote HA4 9PG

**Tuesday 7.30 - 9.00pm**  
**Mixed ability - beginners welcome**  
**Tutored by Natasha**

This class was started with Natasha in 2013 just for beginners and still welcomes new students, while maintaining the interest of students who have completed other terms. If you are unsure, please contact Jackie to discuss any queries.

The Yoga is HATHA YOGA - the Yoga of movement - and a whole body approach to fitness. Yoga postures (ASANAS) free up the body, promoting suppleness, strength and improved posture. Breathing is freer allowing breathing practices (PRANAYAMA) and the mind becomes a quieter place.

10 January - 28 March - 11 weeks - £99

Half Term w/c Mon 13 February

18 April - 4 July - 11 weeks - £99

Half Term w/c Mon 29 May

5 September - 5 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 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](mailto:jackie@yogawithjackie.co.uk) [www.yogawithjackie.co.uk](http://www.yogawithjackie.co.uk)*

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

Booking Slip

Tues 7.30pm

Name.....

E-Mail Address.....

Tel (land line) ..... Course Paid £.....

Tel (mobile).....