



2019

Cavendish Pavilion
Eastcote HA4 9PG

Tuesday 7.30 - 9.00pm
Mixed ability - beginners welcome

Tutored by Raksha

This class was started 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 and a whole body approach to fitness. The postures (Asanas) help to free up the body, promoting suppleness, strength and improved posture.

The breath becomes freer. The mind a quieter place.

8 January - 2 April - 12 weeks - £120

Half Term w/c Mon 18 February

23 April - 9 July - 11 weeks - £110

Half Term w/c Mon 27 May

3 September - 3 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

Tues 7.30pm with Raksha

Name.....

E-Mail Address.....

Tel (land line)

Course Paid £.....

Tel (mobile).....