



**2018**

**Cavendish Pavilion  
Eastcote HA4 9PG**

**Wednesday 6.15 - 7.45pm**

**Wednesday 8.00 - 9.30pm**

**These classes are tutored by Jackie**

These classes have been established for many years, but both are geared towards a basic practise, mixed ability group suitable for beginners. The 6.15pm time is ideal for school teachers to recharge their batteries and then get an early night. The later 8pm class is a great group, where, as well as practising asana and relaxation, we explore different pranayamas (breathing practises)

**10 January - 28 March - 11 weeks - £99**

**Half Term w/c Mon 12 February**

**18 April - 11 July - 12 weeks - £108**

**Half Term w/c Mon 28 May**

**5 September - 5 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**

**Wed (delete) 6.15/8.00pm**

**Name.....**

**E-Mail Address.....**

**Tel (land line) .....**

**Course Paid £.....**

**Tel (mobile).....**