



**2019**

**Manor Farm Stables  
Ruislip HA4 7QL**

**Wednesday 9.15am - 10.45am**

**Tutored by Jackie**

This class like Monday morning is a great group of students and very popular with people who do shift work, parents with children at school or those who are self-employed. It is mixed ability and very suitable for beginners.

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.

*10 January - 4 April - 12 weeks - £120*

*Half Term w/c Mon 18 February*

*24 April - 10 July - 11 weeks - £110*

*Half Term w/c Mon 27 May*

*4 September - 4 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 1/2 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](mailto:jackie@yogawithjackie.co.uk) [www.yogawithjackie.co.uk](http://www.yogawithjackie.co.uk)***

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

**Booking Slip**

**Wed 9.15am with Jackie**

**Name.....**

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

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

**Paid £.....**

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