

# JoYoga.co.uk

Type of Course: Yoga and Meditation  
Course Start Date: Monday 4<sup>th</sup> September 2017  
Course Time: 18:30pm – 19:45pm  
Every : Monday  
Number of Weeks: 10  
Cost: £80

Class held at Old Down Hall, Kempshott Lane, Basingstoke,

- All levels are welcome
  - All students practice together and at their own pace.
  - The main focus of the course will be to relax and release tension.
  - We will be practising pranayama (breath control) to release tension in the body & mind.
  - We will be practising a series of standing postures (asanas) and floor postures to increase strength and flexibility, each week we will practice a flow sequence to learn that you can practice at home.
  - We will also be practising meditation and end each class with a relaxation
  - For beginners a gentle introduction and for the more advanced to go deeper into their practice.
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- ❖ You are booking for the course times and dates stated on the booking form;
  - ❖ If you are unable to come to any of the classes during the course that you are booking for, then you will not be able to transfer classes you miss to a different course but may enquire if there is space to come to a different class that week
  - ❖ If you miss any classes money cannot be refunded as it could be a place for someone else;
  - ❖ There are no classes on Bank Holidays;
  - ❖ Please wear comfortable clothes;
  - ❖ Please bring a blanket & a bottle of water, there are mats at class if you do not have one;
  - ❖ I look forward to seeing you for yoga practice :)

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**Booking Slip – Monday 4<sup>th</sup> September (18.30pm)**  
**Return Slip by – Monday 28<sup>th</sup> August 2017**  
**Course Fee - £80**

Please return this slip with the course payment a cheque for full payment to made to  
'Jo yoga'

Or please email to enquire for bank transfer details for your booking

Return to:

YOGA, Old Down Hall, Kempshott Lane, Kempshott, Basingstoke, RG22 5UY

Name : .....

Address : .....

: .....

Email : .....

Phone(s) : .....

Have you practised Yoga before? YES / NO