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Type of Course: Breathing Space Yoga and Meditation Class
Class Date: Saturday 14th October 2017
Course Time: 10.30-1.30
Cost: £25
Relax, release tension and settle the mind

Class held at Old Down Hall, Kempshott Lane, Basingstoke, RG22 5UY

Breathing space yoga & meditation course, restorative & healing time to relax and re-energise body and mind, we will go deeper into meditation & relaxation and focus on ways in which we can bring our yoga practice through to everyday life.

- All levels welcome
 - All students practice together and at their own pace.
 - The main focus of the course will be to relax, release tension and settle the mind.
 - We will be practising breath control (pranayama) 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.
 - We will also be practising meditation, mantra and yoga nidra (deep relaxation)
- ❖ Please wear comfortable clothes and bring a blanket and cushion and a bottle of water
 - ❖ There are mats at class if you do not have one;
 - ❖ please email or call if you have any questions www.joyoga.org.uk jo@yoga.org.uk
 - ❖ I look forward to seeing for our breathing space class ☺

Booking Slip – Saturday 14th October (10.30-1.30)
Return Slip By – Saturday 7th October 2017
Class fee - £25

*Please return this slip with the course payment a cheque for full payment to "Joyoga"
Or please enquire for bank transfer details to book your place*

Return to:
YOGA, Old Down Hall, Kempshott Lane, Kempshott, Basingstoke, RG22 5UY

Name :

Address :

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Email :

Phone(s) :

Have you practised Yoga before? YES / NO