

# JoYoga.co.uk

Type of Course: Breathing Space Yoga and Meditation Class  
Class Date: Saturday 18<sup>th</sup> November 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](http://www.joyoga.org.uk) [jo@yoga.org.uk](mailto:jo@yoga.org.uk)
  - ❖ I look forward to seeing for our breathing space class ☺

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**Booking Slip – Saturday 18<sup>th</sup> November (10.30-1.30)**  
**Return Slip By – Saturday 11<sup>th</sup> November 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 : .....

: .....

Email : .....

Phone(s) : .....

Have you practised Yoga before? YES / NO