

JoYoga.co.uk

Type of Course: Yoga and Meditation
Course Start Date: Monday 19th March 2018
Course Time: 8pm-9.15pm
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 practice at home.
 - We will also be practising meditation and end each class with 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; no classes 2nd April, 7th May, 28th May***
 - ❖ 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

Booking Slip – Monday 19th March 2018 (8pm)
Return Slip by – Monday 12th March 2018
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 to book

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