

Yoga, meditation & deep relaxation



Saturday 19th October 2019

*11am – 1pm at Old Down Hall,
Kempshott (next session 16th Nov)
£25*

Yoga, meditation & deep relaxation 2 hours of peace, arrive to settle & enjoy organic herbal tea or organic cocoa, choose from essential oils to rub into your neck, hands/feet, cleansing sage & intention setting, pranayama (breath control) to settle the mind, guided meditation, mantra, stillness & then snuggle up in a cocoon of blankets for guided yoga nidra deep relaxation ☺
A space of stillness & peace to relax & re-charge energy levels

If you would like to join us for 2 hours of peace please complete the form below. (the next Saturday session after this will be Saturday 16th November)

- ❖ Please wear loose comfortable clothes;
- ❖ Please bring blankets, cushions & pillows
- ❖ Further information jo@joyoga.org.uk www.joyoga.org.uk

Booking Slip – Saturday 19th October 2019
Return Slip by – Saturday 12th October
Class cost - £25

Please return this slip with payment a cheque made to 'Jo yoga'
Or transfer details to book & save your space are Santander Jo yoga classes
a/n -81553958 s/c – 09-01-27
Please email me when you've transferred booking so I know to book you in.

Return to:

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

Name :

Address :
:

Email :

Phone(s) :

Have you practised Yoga before? YES / NO