

# Yoga, meditation & deep relaxation



**Saturday 16<sup>th</sup> November 2019**  
11am – 1pm at Old Down Hall,  
Kempshott (next session in January)  
£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 16<sup>th</sup> November)

- ❖ Please wear loose comfortable clothes;
- ❖ Please bring blankets, cushions & pillows
- ❖ Further information [jo@joyoga.org.uk](mailto:jo@joyoga.org.uk) [www.joyoga.org.uk](http://www.joyoga.org.uk)

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**Booking Slip – Saturday 16<sup>th</sup> November 2019**  
**Return Slip by – Saturday 7<sup>th</sup> November**  
**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