

# JoYoga.co.uk

Type of Course: Yoga and Meditation  
Course Start Date: Monday 16<sup>th</sup> March 2020  
Course Time: 18:30pm – 19:45pm  
Every : Monday  
Number of Weeks: 10  
Cost: £80

Class held at Old Down Hall, Kempshott Lane, Basingstoke,

- Everyone welcome
- Everyone practices 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 learn that you can practice at home.
- We will have a short meditation at the end of each session and relaxation
- For beginners a gentle introduction and for the more advanced to go deeper into their practice.

- ❖ 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;
- ❖ 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 :)
- ❖ Please note no classes on Easter Monday 13<sup>th</sup> April & 25<sup>th</sup> May B/H

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**Booking Slip – Monday 16<sup>th</sup> March 2020 (18.30pm)**  
**Return Slip by – Monday 9<sup>th</sup> March 2020**  
**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 your space

Return to:

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

Name : .....

Address : .....

: .....

Email : .....

Phone(s) : .....

Have you practised Yoga before? YES / NO