

JoYoga.co.uk

Type of Course: Yoga and Meditation
Course Start Date: Monday 16th March 2020
Course Time: 8pm-9.15pm
Every : Monday
Number of Weeks: 10
Cost: £80

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

- Everyone welcome
- All 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.
- A short meditation and a relaxation at the end of each session.
- 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 13th April and 25th May bank holiday

Booking Slip – Monday 16th March 2020 (8pm)
Return Slip by – Monday 9th 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