

JoYoga.co.uk

Type of Course: Yoga and Meditation
Course Start Date: Thursday 19th March 2020
Course Time: 19:30pm – 20:45pm
Every : Thursday
Number of Weeks: 10
Cost: £80

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

- Everyone welcome
 - All practice yoga 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 & relaxation
- ❖ 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;
 - ❖ 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 16th April and 4th June
- ❖

Booking Slip – Thursday 19th March 2020 (19.30pm)
Return Slip by – Thursday 12th 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