



Yoga: A Mindful Practice

A subtle and sensitive approach to yoga practice promoting Mindfulness and Meditation.

Winter into Spring Term 2019

Monday 7.30-9.00pm (hall open from 7.15pm)
21st January to 8th April (12 weeks - £132)

Ealing Quaker Meeting House, 17 Woodville Road, W5 2SE
Limited spaces, **drop-in £14** only by prior arrangement with the teacher.

Please bring a mat (& blocks, cushion or folded blanket to sit on)

bodhiyogauk@gmail.com

www.bodhi-yoga.co.uk

Yoga: A Mindful Practice Jan to April 2019

Booking Form

(Please write clearly!)

() I enclose £132 for the whole term (Cheques should be made payable to 'BODHIYOGA') Payment by bank transfer possible - email for details.

Full Name: _____

Email: _____

Telephone: Home _____

Mobile _____

(Phone numbers are to let you know should a class be cancelled etc.
Numbers will be used for no other purpose.)

Please list any **health problems**, injuries or surgery, current or past on the reverse of this form.

Keep your teacher informed of any changes to your condition.

By submitting this form you agree not to hold the teacher responsible for any injury incurred in class or on the premises.

Places will be allocated on a first come first served basis. Either reserve your place by email and bring your form on the first lesson, or send form and payment to:

Bram Williams, Bodhi-Yoga, 41 Orbis Wharf, Bridges Court Road, London SW11 3GW