



Yoga: A Mindful Practice

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

Autumn Term 2018

Monday 7.30-9.00pm (hall open from 7.15pm)

10th September to 10 December (14 weeks - £154)

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 Sept to Dec 2018

Booking Form

(Please write clearly!)

() I enclose £154 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