



Timetable for Autumn Term 2017, part 1

YOGA

Dates: week starting ...	Residents gardens: Tuesday Thursday	Shirley warren: Wednesday	Chandlers Ford: Wednesday	Gophysio: Tuesday	Wessex: Alternative Wednesday	Highfield: Tuesday
19th September	Defining Ha and Tha	Defining Ha and Tha	Defining Ha and Tha	Defining Ha and Tha	Defining Ha and Tha	Defining Ha and Tha
26th September	Sthira and sukha: softening the edges	Sthira and sukha: softening the edges	Sthira and sukha: softening the edges	Sthira and sukha: softening the edges		Sthira and sukha: softening the edges
3rd October	Postures and counter postures: connecting to core or mid-line energy	Postures and counter postures: connecting to core or mid-line energy	Postures and counter postures: connecting to core or mid-line energy	Postures and counter postures: connecting to core or mid-line energy	Postures and counter postures: connecting to core or mid-line energy	Postures and counter postures: connecting to core or mid-line energy
10th October	Balances and inversions: finding balance through self-study (svadhyaya)	Balances and inversions: finding balance through self-study (svadhyaya)	Balances and inversions: finding balance through self-study (svadhyaya)	Balances and inversions: finding balance through self-study (svadhyaya)		Balances and inversions: finding balance through self-study (svadhyaya)
17th October	Balancing breath and movements, Yin and Yang practice: become your own teacher	Balancing breath and movements, Yin and Yang practice: become your own teacher	Balancing breath and movements, Yin and Yang practice: become your own teacher	Balancing breath and movements, Yin and Yang practice: become your own teacher	Balancing breath and movements, Yin and Yang practice: become your own teacher	Balancing breath and movements, Yin and Yang practice: become your own teacher

Yoga with Marianne Balancing your yoga practice Mobile: 07979714179

Name:

Invoice: Autumn 2017, part 1 (5 sessions)

Concession:

• 5 sessions: £40*

• 4 sessions: £32*

***Tick the right statement**

If you cannot come for the full course (less than 4 sessions), you may book and pay as you go: £10 a session (cancellation 48 hours in advance please)

Payment:

- **Online:** RBS, sort code: 163128, Account no: 10837375, Marianne Hayes

- **By cash or cheque** to Marianne Hayes

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