

## Well Woman yoga

**Designed to restore balance and harmony**, these practices are powerful, healing methods and address a variety of conditions that many women experience at the different stages of life.

Suitable for beginners through to more experienced yoginis the classes will include applications for menstrual and hormonal imbalances; menopausal symptoms; prolapse; back conditions; anxiety; tension headaches; PCO; endometriosis; fibroids and fertility issues.

For late pregnancy or early postnatal women, it is recommended you attend my other classes.

**Methods used will include** yoga asanas & sequences, with modifications & adaptations where required; deep relaxation techniques; simple pranayama (breathing techniques); massage; the use of mantras & mudras; yoga nidra; meditation practices and more to help with healing processes on all levels.

All yoga equipment is provided but do bring your own mat if you prefer.

Please visit [www.peacefulpractice.co.uk](http://www.peacefulpractice.co.uk) for full details about this course.

### Course 1

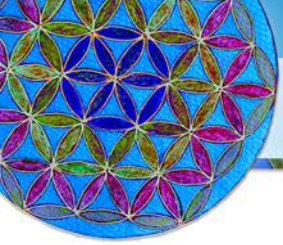
<b>Venue</b>	<b>Blackheath Complementary Health Centre, 184-186 Westcombe Hill, LONDON SE3 7DH</b>
<b>Dates</b>	<b>Tuesdays 31 October – 19 December 2017</b>
<b>Sessions</b>	<b>8</b>
<b>Time</b>	<b>10:00-11:30</b>
<b>Cost</b>	<b>£105</b>
<b>Closing date</b>	<b>28 October 2017</b>

### Course 2

<b>Venue</b>	<b>Blackheath Complementary Health Centre, 184-186 Westcombe Hill, LONDON SE3 7DH</b>
<b>Dates</b>	<b>Wednesdays 08 November – 20 December 2017</b>
<b>Sessions</b>	<b>7</b>
<b>Time</b>	<b>19:30-21:00</b>
<b>Cost</b>	<b>£95</b>
<b>Closing date</b>	<b>04 November 2017</b>

## Venue information

The Centre is at the Blackheath Standard, in a parade of shops/businesses where many buses stop. It is next to an estate agent called Your Move. Access is via the intercom outside front door - Press "Studio" buzzer. We are on 2nd floor. All equipment provided.



## Parking and public transport

Parking on local side roads-unrestricted for up to 2 hrs.

**Buses 108, 286, 386, 422, 53, 54, 380, 202**

Bus stop is Blackheath Standard

Nearest BR station is Westcombe Park

## Booking form and payment

### Cheques:

Please complete the booking form on the following page and send, with payment, to:

**B. King, 12 Christchurch Way, Greenwich, London SE10 9AL**

Please make a cheque payable to B. King.

### Bank transfer payments:

**Payment may be made by internet banking:**

**Account name: Bernadette King | Sort code 30-93-70 | Account 10924568**

After payment has been made, booking forms can be posted to Bernadette as above or emailed to

[info@peacefulpractice.co.uk](mailto:info@peacefulpractice.co.uk). Confirmation of all bookings will be made by telephone or email.

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## Peaceful Practice: Well Woman Yoga

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**Venue:** Blackheath Complementary Health Centre, 184-186 Westcombe Hill, LONDON SE3 7DH

**Times:** 10:00 – 11:30 (Tues) / 19:30 – 21:00 (Weds)

**Dates:**

Please complete the following:

**Tuesdays 31 October – 19 December 2017 (8 sessions) - £105**

**Wednesdays 08 November – 20 December (7 sessions) - £95**

I would like to book the above course and have read and agree to your Terms & Conditions.

**Total amount due:**

£

I enclose a cheque for the full amount

I have paid the full amount by bank transfer

**Name**

**Email**

**Tel**

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## Terms & Conditions – a gentle reminder!

So that there is no confusion regarding the cancellation policy, here are the details:

- A full **48 hours' notice** is required for all cancellations of yoga classes and workshops.
- It is not possible to carry over missed sessions to a future course, for example if you have either booked a holiday before or during a course you have paid for. If there are exceptional circumstances Bernadette may make an exception, so please contact her to enquire 48 hours prior to the absence.
- Regrettably, apart from exceptional circumstances such as early birth; no refunds can be given for non-attendance or cancellations with less notice than the times stated.
- If the yoga teacher cancels a class, a full refund will be given for that class

Please note that all bookings are subject to these conditions.

Thanks so much for your co-operation.

Warm regards,

***Bernadette***

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### Contact details

Any queries please contact Bernadette

**Tel** 07816 443319 / 020 8853 5944

**Email** [info@peacefulpractice.co.uk](mailto:info@peacefulpractice.co.uk)

**Website** [www.peacefulpractice.co.uk](http://www.peacefulpractice.co.uk)