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** for full details about this course.

Course 1

Venue	Blackheath Complementary Health Centre, 184-186 Westcombe Hill, LONDON SE3 7DH
Dates	Tuesdays 11 September – 30 October 2018
Sessions	8
Time	10:00-11:30
Cost	£126
Closing date	03 September 2018

Course 2

Venue	Blackheath Complementary Health Centre, 184-186 Westcombe Hill, LONDON SE3 7DH
Dates	Wednesdays 12 September – 31 October 2018
Sessions	8
Time	19:30-21:00
Cost	£126
Closing date	04 September 2018

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 payments

Payment may be made by online bank transfer: please contact Bernadette for details

After payment has been made, booking forms can be emailed to Bernadette: **info@peacefulpractice.co.uk**.

Confirmation of all bookings will be made by telephone or email.

Terms & Conditions – a gentle reminder!

Our Terms & Conditions, including our Cancellation policy, can be viewed on our website:

www.peacefulpractice.co.uk/faq/#terms

Contact details

Any queries please contact Bernadette

Tel 07816 443319 / 020 8853 5944

Email info@peacefulpractice.co.uk

Website www.peacefulpractice.co.uk

Peaceful Practice: Well Woman Yoga

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

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

Dates:

I would like to book a course on the following dates:

☐ **Tuesdays 11 September – 30 October 2018 (8 sessions) - £126**

☐ **Wednesdays 06 June – 12 September 2018 (8 sessions) - £126**

Total amount due: £126 I have paid the full amount by bank transfer ☐

I have read & agree your Terms & Conditions at: www.peacefulpractice.co.uk/faq/#terms ☐

Name	
Email	
Tel	