

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 06 November – 18 December 2018
Sessions	6
Time	10:00-11:30
Cost	£98
Closing date	03 November 2018

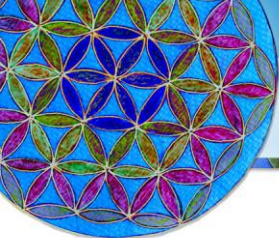
Course 2

Venue	Blackheath Complementary Health Centre, 184-186 Westcombe Hill, LONDON SE3 7DH
Dates	Wednesdays 07 November – 19 December 2018
Sessions	6
Time	19:30-21:00
Cost	£98
Closing date	04 November 2018

Course 3

Venue	Blackheath Complementary Health Centre, 184-186 Westcombe Hill, LONDON SE3 7DH
Dates	Tuesdays 08 January 2019 – 26 February 2019
Sessions	8
Time	10:00-11:30
Cost	£128
Closing date	04 January 2019

Cont'd overleaf



Course 2

Venue	Blackheath Complementary Health Centre, 184-186 Westcombe Hill, LONDON SE3 7DH
Dates	Wednesdays 09 January 2019 – 27 February 2019
Sessions	7 - Please note: no session on 16 Feb 2019
Time	19:30-21:00
Cost	£115
Closing date	05 January 2019

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 06 November – 18 December 2018 (6 sessions) - £98

Wednesdays 07 November – 19 December 2018 (6 sessions) - £98

Tuesdays 08 January – 26 February 2019 (8 sessions) - £128

Wednesdays 09 January – 27 February 2019 (7 sessions) - £115

Total amount due: £

I have paid the full amount by bank transfer

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

Name

Email

Tel