

## 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>Thursdays 09 September – 28 October 2021</b>
<b>Sessions</b>	<b>8</b>
<b>Time</b>	<b>10:00-11:30</b>
<b>Cost</b>	<b>£136</b>
<b>Closing date</b>	<b>06 Sept 2021</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.

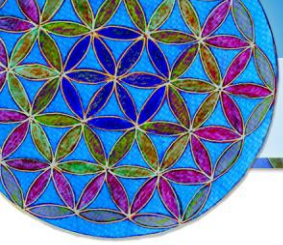
## Parking and public transport

**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 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](mailto: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](http://www.peacefulpractice.co.uk/faq/#terms)

### 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)

---

## Peaceful Practice: Well Woman Yoga

---

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

Times: 10:00 – 11:30

Dates:

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

Thursdays 09 September – 28 October 2021 (8 sessions)

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](http://www.peacefulpractice.co.uk/fag/#terms)

Name

Email

Tel