

## A SATURDAY AFTERNOON OF YOGA WITH BERNADETTE

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ON SATURDAY 25th FEBRUARY 2012. 14.00-17.00  
AT FRIENDS MEETING HOUSE, LAWN TERRACE, SE3 9LL  
(This is next door to Blackheath rail station in the village. Buses 386, 89, 108, 53, 54, 202.

The asana focus for this long session will be partnerwork. This approach enables us to experience deep stretch and relaxation within the postures. It will also include pranayama (control & expansion of prana-vital energy), mantra (chanting), relaxation and dharana (concentration).

THE COST FOR THIS IS £25 IF PAYMENT IS MADE BEFORE 15th  
FEBRUARY  
£28 AFTER 16th FEBRUARY.

PAYMENT MAY BE MADE BY CHEQUE OR CASH, EITHER  
THROUGH THE POST OR IN CLASS.  
POST TO 12 CHRISTCHURCH WAY, LONDON SE10 9AL, PAYABLE TO  
B KING.  
IF YOU PREFER TO PAY BY TRANSFER PLEASE EMAIL ME FOR  
BANK DETAILS.

PLEASE USE THE SLIP BELOW WHEN MAKING A PAYMENT.

NAME.....

EMAIL ADDRESS.....

TEL NO.....