



# Yoga: A Mindful Practice

A subtle and sensitive approach to yoga practice promoting Relaxation, Mindfulness and Meditation. Mixed ability class, beginners welcome. With Bram Williams

Tuesday 8.15 -9.45pm  
10th Jan to 27th March 2012  
(No class 14th Feb)

St Alban's Church Hall, Norwood Drive, North Harrow. HA2 7PF  
£88

Drop-in £10 **only** by prior arrangement with the teacher  
Please bring a mat (& blocks, cushion or folded blanket to sit on)

**bram@bodhi-yoga.co.uk**      **www.bodhi-yoga.co.uk**

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## Yoga: A Mindful Practice 10th Jan to 27th March 2012 Booking Form (Please write clearly!)

**I enclose £88 course fees** (Cheques should be made payable to 'BODHI-YOGA')  
if you wish to pay by Paypal - let me know and I'll send a Paypal invoice

Full Name: \_\_\_\_\_

Email: \_\_\_\_\_

Telephone: Home \_\_\_\_\_

Work \_\_\_\_\_

Mobile \_\_\_\_\_

(Phone numbers are to let you know should a class be cancelled etc.  
Numbers will be used for no other purpose.)

Please list any **health problems**,  
injuries or surgery, current or past  
on the reverse of this form.

Keep your teacher informed of any  
changes to your condition.

By submitting this form you agree  
not to hold the teacher responsible  
for any injury incurred in class or on  
the premises.

Places will be allocated on a first come first served basis. Either reserve your place by email and bring your form on the first lesson, or send form and payment to:

**Bram Williams, Bodhi-Yoga, 1c Ariel Road, London, NW6 2DX**