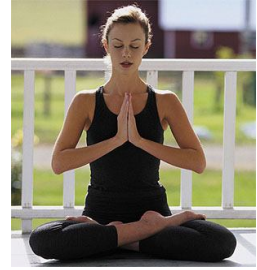


# Hatha Yoga with Madeleine Williamson

Mondays and Thursdays 8.00pm to 9.30pm  
10 week course - £70

Yoga is a wonderful therapy - helping your mind and body to cope with life's demands - promoting physical health and mental well-being.



Please arrive by 7.50pm. Bring an exercise mat or blanket and wear comfortable clothing.

The courses run continuously (with breaks for Bank/school holidays - as appropriate).

*If you'd like to join one of these courses, please contact The Sanctuary and leave your name, telephone number and preferred day (Monday or Thursday) and we will arrange for Madeleine to contact you.*

*Complete the tear-off Booking Form below and send it with your cheque to:  
The Sanctuary (Yoga), Pea Lane, Upminster, RM14 2XH*

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## Booking Form

I would like to attend:  
**Yoga Class** commencing: (Please insert day/date)  
10 week course @ £70

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Postcode:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_ **Mobile:** \_\_\_\_\_

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

*I enclose cash/cheque for: £ \_\_\_\_\_ made payable to Madeleine Williamson*

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_