

Begin a journey of self discovery, finding new ways to approach traditional postures, using fine, subtle inner muscles that bring suppleness without relying on outer strength – unlocking each posture by applying simple but profound principles of practice.

## A three Masterclass series exploring Scaravelli-inspired yoga in our daily practice

Autumn 2011

Name:

Address:

Telephone:

Email:

Please enrol me on the following workshop(s) –

**Freedom of Movement 24 Sept 2011 (10:30 to 13:30)**

Exploring new ways to prepare our body and release habitual tensions to find effortless ease in our practice

**Growing from the Spine 12 Nov 2011 (10:30 to 13:30)**

Integrating limbs and body, so we can extend the spine into whole-body movement

**Creating your own Practice 03 Dec 2011 (10:30 to 13:30)**

Refreshing our practice by returning to first principles – so that each posture becomes a new adventure

I enclose payment by cheque payable to **Jeannine Williams** for –

£35 (1 workshop)

£70 (2 workshops)

£90 (full workshop series)

A concessionary rate applies for all students enrolled on weekly classes with Jeannine Williams during Autumn 2011. Pay just £30 per workshop.

I enclose payment by cheque payable to **Jeannine Williams** for –

 x £30 = £ 

**Send your payment** with this booking form to –

Jeannine Williams, White Clouds, 23 Southfield, West Overton, Marlborough, Wiltshire SN8 4HE

### Cancellations

Workshop reservations cancelled within two weeks of an event will be charged in full. Workshop reservations cancelled more than two weeks before an event will be refunded at a flat rate of £15 per workshop, and more than four weeks before an event at £30 per workshop.

*I look forward to working with you on these workshops, Jeannine*