



## Aspects of Yoga

A unique course with free electronic downloads of lesson plans  
Trestle Arts Base  
Russet Drive, St Albans AL4 0JQ, St Albans

**\*\*Next course starts 20<sup>th</sup> April 2018\*\***  
**LIMITED SPACES -BOOK EARLY**

**Geoff McCann** has been practicing yoga for over 35 years, he is a highly experienced and sought after yoga teacher. His classes are always popular and fun. Due to demand Geoff will be running another of his unique **Aspects of Yoga** courses which ***include free electronic downloads*** of the lesson plans. The yoga space has a beautiful vaulted ceiling and large windows and is ideal for yoga practice. Time: Fridays 10am-11am

Class numbers are limited so early booking before 30<sup>th</sup> March is advised. This course will run over 10 weeks and the cost is £155 for new students\* (£25 discount for those re-booking).  
(\***SPECIAL OFFER** - £10 discount for newbies if paid before 30<sup>th</sup> March)

Dates: **20<sup>th</sup>, 27<sup>th</sup> April – 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> May – 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> June**

Numbers are strictly limited which makes it ideal for beginners or those at a more advanced level looking to improve technique.

### Information

Please bring a **yoga mat** if you have one – although spares are available. See my web site for info and Trestle for directions ([www.trestle.org.uk](http://www.trestle.org.uk))

### Contact Geoff to book

**Tel: 01727 730961**

**e-mail: [geoffyoga@gmail.com](mailto:geoffyoga@gmail.com)**