



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 22nd September 2017
LIMITED SPACES -BOOK EARLY

Geoff McCann has been practicing yoga for over 35 years, he is a highly experienced and sought after yoga teacher. 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.

The course will run over 10 weeks on Fridays 10am-11am, numbers are limited so early booking is advised. The cost is £155* for new students (£25 discount for those re-booking).

***SPECIAL OFFER –**

Course price reduced to £140 if booked and paid before 11th August

Dates:

Sept (22nd, 29th)– Oct (06th, 13th, 20th) - Nov (3rd, 10th, 17th, 24th)– Dec 01st

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)

Contact Geoff to book

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