



## **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 12<sup>th</sup> Jan 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.

Class numbers are limited so early booking is advised.  
This course will run over 10 weeks and the cost is £155 for new students (£25 discount for those re-booking). Time: Fridays 10am-11am

Dates: **12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> Jan – 2<sup>nd</sup>, 9<sup>th</sup>, 23<sup>rd</sup> Feb – 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> Mar**

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)**