

# New



# Yoga

## Aspects of Yoga

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

**\*\*BOOKING NOW FOR 2012 \*\***  
**LIMITED SPACES CALL GEOFF TO BOOK**

**Course starts Friday 3<sup>rd</sup> February 2012 (10am-11am)**

**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.

Class numbers are limited so early booking is advised.

This course will run over 7 weeks and the cost is £80. Fridays 10am-11am  
Dates: February **3<sup>rd</sup>, 10<sup>th</sup>, 24<sup>th</sup>** March **2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, & 23<sup>rd</sup>**

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 Trestle web site for info and 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)**