

GuildfordYoga Workshops



Natural Detox

Sunday 21st January 10am-12.30pm - Bramley Village Hall - £22

Christmas and New Year is a time for family and pleasure, but it can leave us feeling a little... sluggish and over indulged. Why not join us for this energising workshop? We'll focus on yoga practices that stimulate the body's natural cleansing processes. Starting with Bhastrika, a pumping bellows breath, to strengthen the abdominals and create heat to stimulate elimination. We'll continue with sun salutations and standing poses to speed up metabolism and burn-off fat. Backbends and abdominal stretches will stimulate the liver and spleen; twisting poses will squeeze and release the gut (relieving that 'I-ate-too-much-over-Christmas' feeling). We'll slow down with forward bends to stimulate the kidneys and finish with a deep relaxation to restore energy levels.

This will be a strong physical session, suitable for all except pregnant ladies. Space is limited so reserve your place by 16th January using this form.

I wish to attend the GuildfordYoga workshop on 22nd January 2017. I enclose £22 cash/cheque (payable to Luci Phipps, £17 for pass-holders).

Name:.....

Email:.....

Please return to: Luci Phipps, Millbank, Guildford Road
Shamley Green, Guildford, GU5 0RT.

24 hrs notice of cancellation is required to avoid full payment
Full terms and conditions see www.guildfordyoga.co.uk



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