

GuildfordYoga Workshops



Yang and Yin Yoga

Sunday 4th March 10am-12.30pm - Bramley Village Hall - £22

A repeat of the popular 2017 workshop with more focus on yin postures. We'll start with the yang practice, a physically strong and heating session with flowing sequences, strong standing postures and balances, plus lots of twisting. For the second half of the session we'll hold a number of fully supported supine Yin Yoga poses for deep muscle and fascia release. This is much gentler and quieter practice where poses are held for up to 5 minutes, despite being gentle it is highly transformative.

Suitable for all. Please bring whatever support equipment you have - blocks, blankets, cushions, additional mats, eye pillows etc. Reserve your place by 1st March using this form.

I wish to attend the Guildford**Yoga** workshop on 4th March 2018. I enclose £22 cash/cheque (payable to Luci Phipps) £17 for pass-holders.

Name:.....

Email:.....

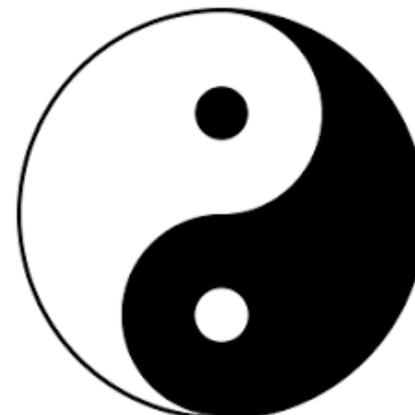
Please return to: Luci Phipps, Millbank, Guildford Road
Shamley Green, Guildford, GU5 0RT.

24 hrs notice of cancellation is required to receive a full refund
Full terms and conditions see www.guildfordyoga.co.uk



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