

GuildfordYoga Workshops



Spring Workshop

Sunday 22nd April 10am-12.30pm - Bramley Village Hall - £28***

*"From you have I been absent in the spring,
When proud pied April dress'd in all his trim,
Hath put a spirit of youth in every thing..."*
Sonnet 98, Shakespeare

With this workshop we'll 'put a spirit of youth in everything'. We'll practice meditations, mudras and yoga poses to energise and uplift, lighten and refresh. Flowing sequences to awaken the body; heart opening poses to release stale emotion; standing balances and inversions that root us to the earth but reach upwards to the sun; and twists to get the internal juices flowing. We'll approach all this with a playful and relaxed attitude. You'll leave light in the heart and with a spring in your step.

A strong physical session that is suitable for all. Space is limited, to reserve your place at the early-bird price book before 18th April with this form.

I wish to attend the 22nd April workshop. I enclose:
- Early-bird price £22 (£17 pass-holders) before 18th April
- Drop-in price*** £28 (£23 pass-holders)

Name:.....

Email:.....

Cash or cheques payable to Luci Phipps
Post to: Millbank, Guildford Road, Shamley Green,
Guildford, GU5 0RT.

Please give a min. of 24 hrs notice of cancellation for a full refund
Full terms and conditions see www.guildfordyoga.co.uk



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