

# GuildfordYoga Workshops

## Forearm Stand



### Fancy a challenge?

**Sunday 24th June 10am-12.30pm - Bramley Village Hall - £28\*\*\***

If you enjoy the more challenging poses and are keen to take your practice to the next level then this session is for you. We'll pay particular attention to challenging standing poses, balances and inversions and will take time to learn new postures in detail as well as build up a sweat with some strong flowing sequences.

This will be a physical session that is suitable for intermediates. Space is limited, to reserve your place at the early-bird price book before 19th June.

I wish to attend the 24th June workshop. I enclose:

- Early-bird price £22 (£17 pass-holders) before 19th June
- 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](http://www.guildfordyoga.co.uk)



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