

GuildfordYoga Workshops



Feel-Good Yoga

Sunday 11 November 10am-12.30pm - Bramley Village Hall - £28***

This will be a fun, playful session. We'll practice a mash-up of yoga styles: yoga breathing (pranayama), flowing yoga sequences (vinyasas), traditional (hatha) poses, yoga therapy exercises and yoga nidra. The aim of the session is to ease aches and pains, pleasantly stimulate the whole of the body and ensure you leave feeling relaxed, refreshed, energised, centred and fully awake to life.

Suitable for all. Bring support equipment - blankets, cushions, eye pillows etc. Reserve your place by 7 Nov. using this form.

I wish to attend the Feel-Good workshop. Enclose cash/cheque (Luci Phipps)
- Early-bird price £22 (£17 pass-holders) before 7 Nov
- Drop-in price £28*** (£23 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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