

GuildfordYoga Workshops



Boost your metabolism

Sunday 10 February 10am-12.30pm - Bramley Village Hall - £22***

Over the winter months we feel a little sluggish, lacking in energy and in need of a boost. So why not join us for this energising workshop? We'll focus on practices to stimulate the body starting with Bhastrika, an invigorating breathing practice, we'll continue with sun salutations and standing poses to speed up the metabolism and burn fat. Backbends, abdominal stretches and twists to stimulate the gut, liver and kidneys so enhancing the body's natural de-toxing processes. We'll slow down with calming forward bends and then finish with a deep relaxation to restore energy levels.

Suitable for all, except pregnant ladies. Equipment supplied, please bring a blanket. Space is limited, to reserve your place complete form below .

I wish to attend the 10 February workshop. Enclose cash/cheque (Luci Phipps)
 - **Early-bird price £22***** (£17 pass-holders) before 6 Feb
 - Drop-in price £28 (£23 pass-holders) thereafter

Name:.....

Email:.....

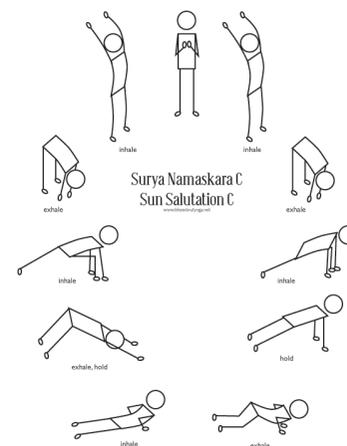
Please return to: Luci Phipps, Millbank, Guildford Road
 Shamley Green, Guildford, GU5 0RT.

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



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