

GuildfordYoga Workshops

If You Sit More Than **FOUR** Hours:



50%
Increased
RISK OF DEATH
from any cause

125%
Increased risk of events
associated with
CARDIOVASCULAR DISEASE,
such as angina pectoris or heart attack

SITTING CAN AFFECT:

- Muscles
- Mood

Yoga to counter the effects of sitting

Sunday 12 May 10am-12.30pm - Bramley Village Hall - £22***

So apparently, sitting is the new smoking. Very bad for our health if done to excess and it makes us feel pretty rotten too. In this workshop we'll focus on poses to reverse the effects of sitting - lots of vigorous loosening up practices that can be incorporated into your everyday life, plus plenty of standing and twisting poses to put our legs and spine to work and inversions to get the juices flowing.

Suitable. Equipment supplied, please bring a blanket. Space is limited, to reserve your place complete form below .

I wish to attend the 12 May workshop. Enclose cash/cheque (Luci Phipps)
- **Early-bird price £22***** (£17 pass-holders) before 9 May
- 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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