

GuildfordYoga Workshops



Rejuvenate your spine!

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

Our back muscles can get tired, stiff, tense, achy or even downright painful. Stretching the deep muscles of the back can give delicious release from these unpleasant sensations. Animals, especially cats and dogs, stretch out their spines regularly and instinctively but we humans have become disassociated from our bodies as we have evolved, spending more time thinking and less time feeling and consequently we've lost the innate knowledge of how to do this. Yoga was designed to reintroduce us to our own body, to help us feel comfortable in our own skin. This workshop will explore poses that help us feel good, feel comfortable and give release from the tightness that arises from every day living.

Suitable and beneficial for all. Reserve your place by 17 Sept using this form.

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