

GuildfordYoga Workshops



Yoga - a tonic for the mind, body and soul

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

In this uplifting, recuperative workshop we'll focus on the following yogic practices: pranayama (yogic breathing), meditation, restorative yoga (to re-energise the body), yin yoga (deep stress-releasing stretches), yoga therapy (to re-align the body and improve physiological function) and Yoga Nidra (a transformative guided relaxation). A perfect autumnal boost for anyone who is over-worked, over-tired, stressed, anxious, Brexit-depressed or feeling low in energy and motivation - build your reserves pre-Christmas!

Suitable for all. Please bring a blanket, cushions, eye masks/pillows and anything else to make yourself comfortable. To reserve your place please book by 5 November using this form.

I wish to attend the 10 November workshop. I enclose:
- Early-bird price £22 (£17 pass-holders) before 5 November
- Drop-in price*** £28 (£23 pass-holders) thereafter

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



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