

GuildfordYoga Workshops



Yoga Breathing

Sunday 27th June 10am-12.30pm

Bramley Village Hall £18

Generally our breath comes and goes without attention. However, if we bring the breath under conscious control – as we do when we practice yoga – something remarkable happens. We can enjoy the present moment without being lost in thoughts of the past or fears of the future; and as our minds quieten down so our bodies relax and feel free too. Smooth, steady breathing also lowers heart rate, breathing rate and blood pressure. This workshop will consist of specialist breathing practices (pranayama) and flowing sequences of yoga poses (asanas) whilst keeping the attention on the breath.

Suitable for all. Equipment and refreshments supplied. To reserve your place, return completed booking form and payment by 21st June.

I wish to attend the **GuildfordYoga** workshop on 27th June. I enclose £18 cash/cheque

Name:

Email:

Phone:

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

Please give 24 hours notice of cancellation to avoid full payment. For terms and conditions please see www.guildfordyoga.co.uk

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