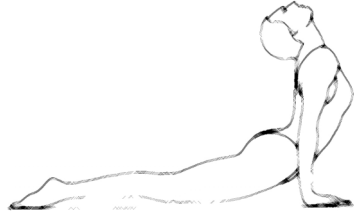


## GuildfordYoga Workshops



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### Core Strength

Sunday 21<sup>st</sup> March 10am-12.30pm  
Bramley Village Hall £18

In this workshop we'll work to develop the awareness of and strengthen the muscles in the centre of the body, or the core. This will involve twisting the spine, opening the hips, using the abdominal muscles and the internal body locks (mula and uddiyana bandha). Regular practice of these poses trims the waist, improves posture and digestive flow, enhances the elimination of toxins and reduces the risk of back injury.

Suitable for all except pregnant ladies. Equipment and refreshments supplied. Please bring a blanket. To reserve your place, book by 15<sup>th</sup> March using the form below.

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I wish to attend the **GuildfordYoga** workshop on 21<sup>st</sup> March. I enclose £18 cash/cheque

Name:

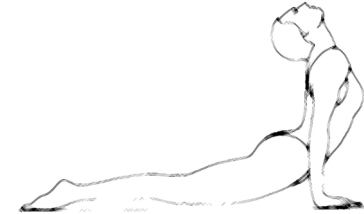
Email:

Phone:

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

We ask for 24 hours notice of cancellation to avoid full payment.  
For terms and conditions please see [www.guildfordyoga.co.uk](http://www.guildfordyoga.co.uk)

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