



A Day in Yoga

With Ruth White

And guest teacher Dawn Wright



Wednesday 20th September and 4th October

8.45am – 3.30pm

New Beaconsfield Hall, Station Road, Shipton-Under-Wychwood, OX7 5BQ

Ruth is a senior Iyengar teacher and runs Teachers Training courses certified by Yoga Alliance and British Wheel of Yoga. She also gives residentials and local classes.

Dawn is a Senior Yoga teacher with over 30 years of practice and 24 years of teaching experience. She incorporates a wide variety of yoga styles into her teaching and blends the modern understanding of topics such as functional anatomy with the philosophical teachings of yoga.

13th September – CPR & first aid and exploration of functional anatomy part 1

Looking at the musculoskeletal system from a functional anatomy approach.

4 hours CPD for T.T

4th October – CPR & first aid and exploration of functional anatomy part 2

How the different systems and organs work.

4 hours CPD for T.T

Please note that there will be an additional cost for these days, which will be Dawn's teaching fee of £400 total for both days, split between the attendees.

Please make cheques payable to R White or request details for BACS payment.

Teachers: please enrol for these 2 Yoga Days this term as it's important that you attend both. It costs £64 for students who have paid for the Wednesday morning class, or £110 for the 2 full days.

Day guests: £55 or £32 for morning class students.

SUGGESTED PROGRAMME

8.30	Stretch using Back Archery7
8.45	Yoga class
9.45	Tea break
10.00	Dawn CPR and A&P
12.00	Lunch break
12.30	Dawn CPR and A&P
2.30	Correct sitting, pranayama, & meditation with Ruth
3.30	Farewell

Please bring your own snack lunch, drinks & fruit are provided.

Ruth White ● Yoga Centre

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