



A Day in Yoga

With Ruth White

Wednesday 8th-Jan, 5th-Feb, 5th-Mar, 23rd-Apr, 30th-Apr,
4th-Jun, 25th-Jun, 17th-Sept, 15th-Oct, 5th-Nov, 3rd-Dec

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

A light and spacious hall with underfloor heating; well suited for the practice of yoga. It is located in the beautiful Oxfordshire Cotswold village of Shipton-under-Wychwood, 4 miles North of Burford.

We will have a full day of Yoga, Pranayama, Philosophy and Meditation.
Looking to see if we hold prejudices or ideas about our abilities.

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.

TO BOOK: Please make cheques payable to R White or request details to make a payment by BACS.

£66 for day guests or £40 for morning class students.

SUGGESTED PROGRAMME

9.00	Teachers in Training
9.45	Arrival & Yoga Class
11.15	Tea break
11.30	Talk
12.45	Lunch break (please bring your own)
1.30	Talk
2.00	Sitting Postures, Pranayama & Meditation
3.00	Farewell

