

A Day in Yoga

With Ruth White

Wednesday 1st March 2023



New Beaconsfield Hall, Station Road, Shipton-Under-Wychwood, OX7 5BQ
(On Zoom for our distance students)

A light and spacious hall with underfloor heating; well suited for the practice of yoga. It is 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 was originally trained and certificated by B.K.S. Iyengar as a senior teacher and is also a certificated teacher trainer with Yoga Alliance 500 hours. She has been an international yoga teacher of some 40 years and has taught in 25 countries. She teaches for the BWY and has taken CPD days since 1970's. She now runs weekly local classes and residentials, some abroad.

TO BOOK: Please send £55 (£32 for those students that have paid for the morning class) to secure your place. Please make cheques payable to R White or request details to make a payment by BACS. For Zoom students £40 and we will send you the links (or you can request a recording)

From now on Teachers, please enrol for the first 3 of the 6 months course. It costs £96 for students who have paid for the Wednesday morning class, or £165 for the 3 full days, 9.45am-3pm.

It's important that you attend every one, however, if you must miss a day, we can send you a recording, as it's important that you don't miss any of the course.

A video introduction to anatomy for practitioners and teachers.

We have a natural nutritionist giving a practical talk on cleansing and diet.

C.P.R session designed for yogis.

A practical talk in acupuncture - They work on meridians as we do.

SUGGESTED PROGRAMME

9.15	Teachers in Training
9.45	Arrival & Yoga Class
11.15	Tea break
11.30	Talk
12.15	Lunch break
1.00	Anatomy and Physiology
2.00	Sitting Postures, Pranayama & Meditation
3.00	Tea and Farewell

Ruth White ● Yoga Centre

Rest Harrow, Evenlode Road, Moreton-in-Marsh, GL56 0NJ

Tel: 01608 651 189 ● email: info@yogawithruthwhite.com ● www.yogawithruthwhite.com