



# A Day in Yoga

## With Ruth White

Wednesday 24th Apr, 8th May, 5th Jun, 10th July,  
11th Sept, 16th Oct, 13th Nov, 11th 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 residential and local classes.

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

**£60 for day guests or £37 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

