



2024 Yoga Days

All abilities welcome, as Ruth endeavours to adapt her teaching to the ever-changing needs of her students. For programme and directions please see website.

A Different Day in Yoga at Beaconsfield Hall, Shipton-under-Wychwood, OX7 6BQ

**Wednesday 24th-Jan, 21st-Feb, 20th-Mar, 24th-Apr, 8th-May, 19th-Jun,
17th-July, 18th-Sept, 16th-Oct, 13th-Nov, 11th-Dec**

9.45am to 3pm - TTs come at 9.15am please

£60 (£37 for students who have paid for the morning class).

Please bring a sandwich for lunch.

Take a further step into the peace and quiet of the mind through the practice of pranayama, meditation, and acceptance. Let's work on our weaknesses to see that, the so-called problems, can be our gifts.



Ruth White - Yoga Centre
Tel: 01608 651 189 Email: info@yogawithruthwhite.com
www.yogawithruthwhite.com



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