

A Day in Yoga

With Ruth White



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 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 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 residencies 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)

SUGGESTED PROGRAMME

9.15	Teachers in Training
9.45	Arrival & Yoga Class
11.15	Tea break
11.30	Talk
12.15	Lunch break (please bring your own)
1.00	Talk
1.45	Sitting Postures, Pranayama & Meditation
3.00	Tea and Farewell

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