



Ashtanga Vinyasa Yoga Workshop in **OXFORD** 20-21 July 2024

SANDRA HOWLING



SANDRA has practised yoga since 2001, taught since 2007, and studied Ashtanga Yoga with John Scott (above) since 2002. She's a graduate of the *John Scott Yoga Teacher Training Programme* and one of the few teachers to receive Senior Teacher accreditation from him. Click on link below for Sandra's website www.yogawithsandra.co.uk/workshops/weekend-of-ashtanga-vinyasa-yoga-in-Oxford-with-sandra-howling

SATURDAY 11 am – 1 pm - Traditional Sanskrit Counted Primary Series Sandra will offer modifications where necessary so you don't have to be practising the full primary series to attend.

SATURDAY 2 – 4 pm Workshop: Transitions - learning to balance on our hands! Closing with a guided Yoga Nidra Zzzzz

SUNDAY 10am-1pm (3 hours) Half Primary / Half Intermediate Series Counted Class followed by a guided Pranayama Practice. Sandra will guide the group through a Half Primary and Half Second Series offering modifications where necessary, so you don't have to be currently practising Second Series to attend (Sandra will work to the group present on the day). After Savasana, we take a ten minute break before flowing into a guided Pranayama Practice, ending with everyone taking a rest.

VENUE: St.Margaret's Institute (SMI), 30 Polstead Rd, Oxford OX2 6TN next to The Anchor pub. Free parking: ask Ian. Bring a mat, block & blanket or buy at the hall. Yoga books/DVDs on sale. Free teas, coffee & biscuits provided.

PRICE £110 all workshop or £35 per Saturday class / £45 Sunday 3 hour class *Earlybirds:* pay less if you book by 20th May: £100 all workshop or £30 a Sat class / £40 Sun 3hr class. Full-time students/over 65s/Benefit recipients get £3 off per class. **Cancellations:** if made more than 14 days before workshop starts 10% is forfeited; 7-14 days before 50% is forfeited. Cancellations made less than 7 days before workshop starts **not** refundable unless a substitute provided, then you get a 90% refund

TO BOOK: fill in form on next page and send to Ian Macdonald, 14 Chalfont Rd, Oxford OX2 6TH. For bank transfer information please email Ian at oxfordyoga@gmail.com or text him on 07594-154005





NAME(S)..... EMAIL Tel.....

ADDRESS..... POST CODE

I/we wish to book (please ✓ box) **Saturday am.** **Saturday pm.** **Sunday** I/we enclose a cheque payable to

Ian Macdonald for £..... or by **Bank transfer - details from Ian**

Sandra Howling July 20243 Oxford

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