

Astanga Vinyasa Yoga

Mon to Fri

TARA YOGA CENTRE



Mysore-style assisted self practice from Monday to Friday (except Full Moon and New Moon Days). This method of learning allows students to develop their practice at their own pace, from the beginning and to memorize it at the same time, enabling them to go deeper into synchronizing breath and movements, and thus working on the body to clear and steady the mind.

Fees:

Drop-in: £12/8

One month unlimited £130 (men)/£125 (women)

(conc. students/benefits) £117 (men)/£112 (women)

10 class pass £90/70 concessions

New to Yoga deal: £30 for 2weeks

Times will vary, so please check the calendar which will follow and get in touch with Mariella when in doubt, but not the night before you intend to practice!

Where: Tara Yoga Centre, 2nd floor, Crown House, 193 Cowley Rd/East Avenue, OX4 1UT (opposite O2 Academy). Parking extremely close at Tesco's. Here's the map.



Mariella de Martini (BA Hons, MA, Yoga Alliance UK Senior Yoga Teacher) has been teaching this traditional method since 1996 with particular emphasis on the therapeutic aspects of the practice. She wishes to share her experience to assist students to increase their awareness,

concentration, steady the mind/body and self-heal. Please contact [**mariella@astangayoga.org**](mailto:mariella@astangayoga.org) to book and for any further info.

