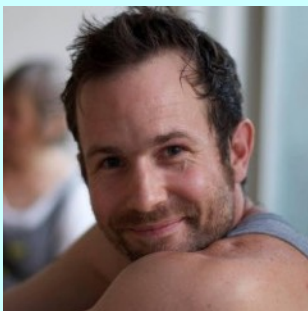


# ASTANGA YOGA WORKSHOPS in OXFORD 2018



Scott Johnson



David Swenson



Kia Naddermier

**JANUARY 13-14 Scott Johnson [www.stillpointyogalondon.com](http://www.stillpointyogalondon.com)**

**FEBRUARY 23-25 Kia Naddermier [www.mysoreyogaparis.com](http://www.mysoreyogaparis.com)**

**MAY 4-6 David Swenson [www.ashtanga.net](http://www.ashtanga.net)**

**JUNE 9-10 Liz Lark [www.lizlark.com](http://www.lizlark.com)**

**SEPTEMBER 7-9 *tbc* Emil Wendel [www.beyond-the-asana.com](http://www.beyond-the-asana.com)**

**OCTOBER 11-14 Danny Paradise [www.dannyparadise.com](http://www.dannyparadise.com)**

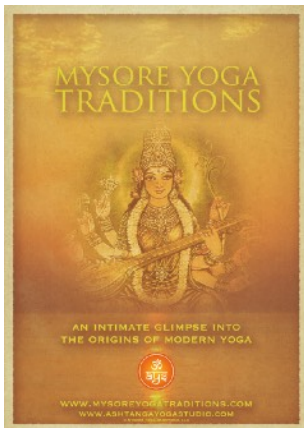
**Mailing list** To ensure you receive booking forms send some stamped addressed envelopes to Ian Macdonald at 14 Chalfont Rd, Oxford OX2 6TH.

[www.oxfordyoga.co.uk](http://www.oxfordyoga.co.uk) has been renovated with more useful information. Ian [oxfordyoga@gmail.com](mailto:oxfordyoga@gmail.com) ☎

01865-421234

ASTANGA YOGA NEWSLETTER *from* Ian & Josephine Macdonald 27 November 2017

A brilliant film about Mysore and Astanga Yoga was released recently. It was made by Andrew Eppler, who has taught many times in Oxford both with Danny and solo. Andrew runs a studio in Oklahoma and studied with **BNS Iyengar** in Mysore. He and **Manju Jois** are among many yoga experts in the film. We recommend it. Go to [www.mysoretraditions.com](http://www.mysoretraditions.com) there you can see a trailer before ordering a digital download. With the code **OXFORDYOGA20** it costs about £10.



“It was quite an experience making the film. I felt as if I lived with those people for the year and a half it took to complete. I learned a lot....it is an important message for people to hear. It has the manuscript cause for one, and it is the real story of the yoga we practice told by the people who know best....the people in the film deserve to have their messages heard. I made it because I had to... the people in the film trusted me and I didn't want to let them down”

ANDREW EPPLER, director of *Mysore Yoga Traditions*

2018 will be a typically busy year, featuring the first visit of **Kia Naddermier**, from Paris, and the return of **David Swenson** (his book *Ashtanga Yoga, The Practice Manual*, has been published continuously since it first appeared in the early 90s). Also many celebrated teachers. You're always welcome here in Oxford, so do join us for another stimulating workshop.

Best wishes  
Ian