

# DAVID SWENSON

🌀 Astanga Yoga

**David** began practising yoga in 1969 at the age of 13. His older brother Doug was his first teacher. They practised hatha yoga from whatever books they could find. David's introduction to Astanga came in 1973 when he met David Williams and Nancy Gilgoff in California. His competence was such that he was immediately taught the 3<sup>rd</sup> Series which takes many years for most people to reach. In 1975 David and Nancy brought Shri K.Pattabhi Jois to the U.S. for the first time, and Swenson was fortunate to be there. In 1977 he made his first trip to Mysore where he learned the full Astanga system as originally taught by Pattabhi Jois. David Swenson is recognised today as one of the world's foremost practitioners and instructors of Astanga Yoga. We welcome David back for his third Oxford workshop.

**FRIDAY 6.30-8.30 PM. ASTANGA YOGA: AN INTRODUCTION.** This class is open to all levels of experience or lack of. The building blocks of Astanga will be explored through the basic elements of Breath, Bandhas and Vinyasa. A short discussion will be followed by an introductory flow through a shortened sequence from the First Series. Finishing with savasana.

**SATURDAY 10-12 HALF & HALF FUN FEST** Half First Series and Half Second Series Makes for Full Fun. A talk through of half the Primary Series and half the Intermediate Series.

12-1 Lunch break. Cowley Rd is full of cafes & shops. Teas/coffee & biscuits at hall.

**1 - 3 FLYING FLOATING & HANDSTANDING** A fun-filled exploration of Vinyasa and Arm balances. There is plenty of laughter and fun in this class as well as a depth of information. All levels welcome even if you've never done a handstand before. Alternatives always given.

**3.30 - 5 BREATH BANDHAS AND PRANAYAMA** exploring the Mantra of Ujjayi and Mysteries of Energy Locks. And the class will explore the invisible world of Bandhas.

## **SUNDAY**

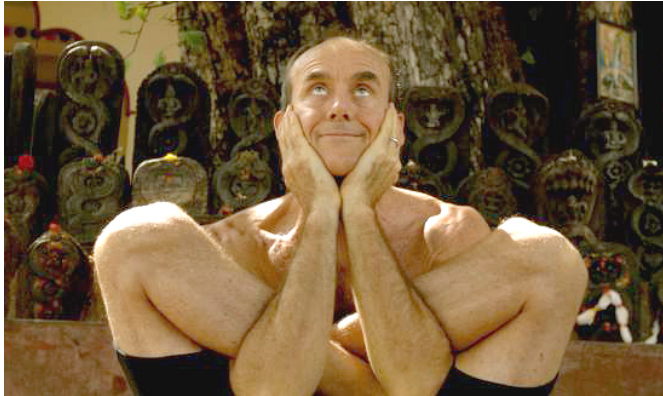
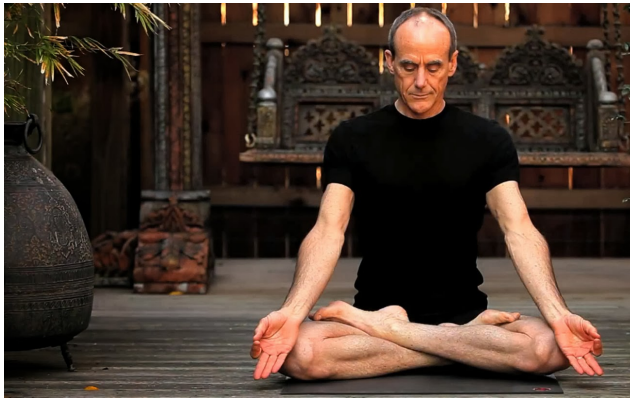
**9.30 – 11.30 NADI SHODANA** and an Introduction to the Intermediate Series

11.30-12.30 Lunch break. There are no cafes nearby so best to bring your own lunch

**12.30 - 3 INVERSIONS, BACKBENDS, SITTING WITH YOUR BREATH**

**3.30 - 5 EIGHT LIMBS AND DAILY LIFE** Underlying the mysterious and complex philosophy of an exploration of how this practice applies within the context of daily living. What is the use of philosophy without real application? We'll explore the Eight Limbs of Astanga Yoga. Are they merely words spoken rather than knowledge realised? What is the use of philosophy without real application?

**VENUES** FRI EVE & SATURDAY: **RICHARD BENSON HALL, 271 COWLEY RD, OX4 2AJ** (street parking or use car park behind nearby Tesco); SUNDAY: **MORTIMER HALL, OXFORD OX3 0PH** next to a small public library, 50 yds off Marston Ferry Rd, half way between Headington and Summertown, 1¾ miles from city centre. Free parking. Yoga books, mats, mat bags, DVDs & CDs on sale. Sat & Sun: free hot drinks & biscuits




**COST ALL 7 CLASSES £160 or £35 per CLASS.** Full-time students, Benefit Claimants, and over-65s can have an extra £2 discount per class. **Early birds save money if payment is made by 27 March: all 7 sessions £135 or 1-6 classes £25 each.**

**Cancellations:** if made more than 14 days before start of the workshop 10% will be forfeited; 7-14 days before workshop 50% will be forfeited. Cancellations made less than 7 days before start of workshop are *not* refundable unless a substitute is found, by you or us, in which case you will receive a 90% refund.

Post form to: **Ian Macdonald, 14 Chalfont Rd, Oxford OX2 6TH.** Cheques preferred with a stamped addressed envelope. The details if you have no cheque book and wish to do a bank transfer: NatWest Bank a/c no. **08310483, I.Macdonald**, sort code 54-21-23 then send confirmation to [oxfordyoga@gmail.com](mailto:oxfordyoga@gmail.com) · 01865-421234 · [www.oxfordyoga.co.uk](http://www.oxfordyoga.co.uk)

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NAME(S)..... e-mail..... 

ADDRESS..... Post code .....

I/we wish to attend these classes: Fri  Sat am. Sat pm. Sun am. Sun pm. I/we enclose SAE

+ cheque for £..... payable to **I.Macdonald**  
1 March

David Swenson Oxford May '18