

## ASTANGA YOGA WORKSHOPS in OXFORD 2018/19



Philippa

David Swenson

Liz Lark

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

**JUNE 23-24 Liz Lark [www.lizlark.com](http://www.lizlark.com)**

**AUGUST 4-5 Philippa Asher [www.ashtangaphilippa.com](http://www.ashtangaphilippa.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)**

**DECEMBER 8-9 Sandra Howling [www.yogawithsandra.com](http://www.yogawithsandra.com)**

**JANUARY 12-13 Scott Johnson [www.stillpointyogalondon.com](http://www.stillpointyogalondon.com)**

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

[www.oxfordyoga.co.uk](http://www.oxfordyoga.co.uk) has been

renovated with more info. Any query ask Ian [oxfordyoga@gmail.com](mailto:oxfordyoga@gmail.com) ☎

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