

ASTANGA WORKSHOPS in OXFORD Sep 2018 - Mar 2019



Emil



Danny



Sandra

MAY 4-6 David Swenson www.ashtanga.net

JUNE 23-24 Liz Lark www.lizlark.com

SEPTEMBER 8-9 Emil Wendel www.beyond-the-asana.com

OCTOBER 11-14 Danny Paradise www.dannyparadise.com


DECEMBER 8-9 Sandra Howling www.yogawithsandra.com

JANUARY 12-13 Scott Johnson www.stillpointyogalondon.com

MARCH 15-17 Lucy Crawford (Scott)
www.lucycrawfordyoga.co.uk

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 has been

renovated with more info. Contact Ian at oxfordyoga@gmail.com 

01865-421234

NON-SLIP & WASHABLE + **YOGA MATS** + Made in Germany# & U.K

LIGHTWEIGHT CLASSIC MAT 185cm x 60cm x 3mm, 1.1 kg **dark blue** **£17#** OUR
BEST-SELLING MAT WE'VE SOLD SINCE 1990, LATEX FREE, BASE FABRIC 79% COTTON, 21% PES, MACHINE WASH AT 30C

CLASSIC OEKO-TEX **purple** **YOGA MAT** 185 x 60 x 5mm, 1.6kg **£24#**

EcoYoga bio-degradable natural rubber & jute 4mm thick x 183cm, 2kg. Made in
UK. The **natural** mat **coral** **green** **neutral** lavender ~~£42~~ **£37** **CHEAPEST UK PRICE**

ULTRA EXTRA THICK BLACK 180cm/71" x 59cm/23.4" x 5mm, 3.4 kg **£50#**

INDIAN MAT BAGS **blue** **saffron** **cranberry** **black** strong 100% silk/cotton with adjustable shoulder strap
with zipped pocket for keys etc. Varied decorative sari prints makes this bag most attractive. Made at a Fair Trade
co-operative in S. India. 72cm long fits mats -**£16** + **£3 p&p**. (POSTAGE FOR MATS -**£8**, ULTRA
Mats **£13**). Send cheque (details for bank transfer sent on request), payable to **Ian Macdonald**,

14 Chalfont Rd, Oxford OX2 6TH. oxfordyoga@gmail.com To collect call 01865-421234 July'18