



Astanga Vinyasa Yoga Workshop 8-9 December in OXFORD

SANDRA HOWLING



SANDRA has practised yoga since 2001, taught since 2007, and studied Astanga Yoga with John Scott since 2002. Sandra is a graduate of the John Scott Yoga teacher training programme and one of the few teachers to receive Senior Teacher accreditation from John. Click on link below for more details <http://www.yogawithsandra.co.uk/workshops/48-ashtanga-yoga-in-oxford-with-sandra-howling>

SATURDAY morning **10.30am-12.30pm** - Traditional Sanskrit Counted Primary Series

SATURDAY afternoon **1.30-3.30pm** Workshop - Hands as Feet! Floating, Flying and Inversions!

SUNDAY morning **10am-12noon** Workshop - Opening your hips to open your Lotus and Leg behind head type poses (supta kurmasana / eka pada sirsanana etc.) Suitable for Primary / Inter-mediate and Hatha students, as options / modifications will be offered by Sandra for you to deepen wherever you are in your practice. Note the **earlier start time on Sunday**

SUNDAY afternoon **1-3pm** Q&A, Guided Pranayama Practice & deep guided Yoga Nidra

VENUES **SATURDAY** OLD HEADINGTON VILLAGE HALL, Dunstan Rd, Oxford OX3 9BY. Free parking. **SUNDAY** NOA COMMUNITY CENTRE, Diamond Place, Summertown, Oxford OX2 7DP. Next to the Ferry Leisure Centre and council car park, just off Marston Ferry Rd, a mile from city centre. All weekend: free hot drinks & biscuits; yoga mats/bags/books/DVDs/CDs on sale. Please bring a mat & a lunch snack.

COST **£90 ALL WORKSHOP** or **£25 PER CLASS**. ~~Earlybirds booking by 10th November pay £85 all workshop or £23 per class.~~ Full-time students, over 65s and Benefit recipients also may have a £2 discount per class. **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.

TO BOOK Fill in form below & post with cheque (payable to *I.Macdonald*) to 14 Chalfont Rd, Oxford OX2 6TH. To do a bank transfer email lan at oxfordyoga@gmail.com ☎ 01865-421234 www.oxfordyoga.co.uk



NAME(S)..... E-MAIL 

.....
ADDRESS..... POST CODE

I/we wish to book (✓ box) Sat am. Sat pm. Sun am. Sun pm I/we enclose a cheque payable

to *I.Macdonald* for £..... Bank transfer info on request (cheque preferred) **Sandra**
HowlingDec'18Oxford 3Nov