

**ASTANGA YOGA WORKSHOPS** in **OXFORD** *Jan-March 2021*

**JANUARY 16-17** **Scott Johnson** [www.stillpointyogalondon.com](http://www.stillpointyogalondon.com)

**FEBRUARY 13-14** **Liz Lark** [www.lizlark.com](http://www.lizlark.com)

**MARCH 20-21** **Sandra Howling** [www.yogawithsandra.co.uk](http://www.yogawithsandra.co.uk)

**Mailing list** To ensure you get a booking form please send a stamped addressed envelope to Ian Macdonald, **14 Chalfont Rd, Oxford OX2 6TH**. [www.oxfordyoga.co.uk](http://www.oxfordyoga.co.uk) is being renovated to provide clearer information **01865-421234** [oxfordyoga@gmail.com](mailto:oxfordyoga@gmail.com)

Oxford 1<sup>st</sup> November 2020

Hello

Covid-19 has wreaked havoc with everything. Halls shut and teachers self-isolating. Inevitably, the **Danny Paradise** and **Sandra Howling** workshops had to be cancelled. Fortunately Sandra's able to teach here in March, after **Scott Johnson** in January, and **Liz Lark** in February. Covid means halls with windows open, and maybe no kitchen for chatty breaks, but you'll benefit from smaller classes! Thanks for your understanding. I look forward to seeing you in 2021.

Best wishes

Ian