



Astanga Vinyasa Yoga Workshop in **OXFORD** 20-21 March 2021

SANDRA HOWLING



SANDRA has practised yoga since 2001, taught since 2007, and studied Astanga Yoga with John Scott (above) since 2002. She's 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 11am-1pm - Traditional Sanskrit Counted Primary Series offering modifications where necessary so you don't have to be practising full primary to attend.

SATURDAY Afternoon 2-4pm Turn Your World Upside Down! then Yogic Sleep! Following on from the morning practise we will break down and explore Arm Balances and Inversions; from the Primary Series and then 'play' with a few from the Intermediate Series and maybe Advanced A Series! We will look at balancing on our hands/arms instead of feet and at what we need to cultivate for safe inversions. Suitable for students of any style of yoga as Sandra will offer modifications and simpler versions for all students. We will close this afternoon session with a deep guided Guided Yoga Nidra Zzzzzz

SUNDAY 10am-1pm (3 hrs) Half Primary / Half Intermediate Series Counted Class followed by **Discussion of Bandha, and a Pranayama Practice.** Sandra will guide the group through a Half Primary and Half Second Series offering modifications where necessary, so you don't have to be currently practising Second Series to attend (Sandra will work to the group present on the day). After Savasana, we take a 10 minute break before flowing into

a short discussion of the three Bandhas (Mula, Uddhyana, Jalandhara), their relevance in kumbhaka, and then Sandra will close this 3 hour session with a guided Pranayama Practice before taking rest.

VENUE: [Old Headington Village Hall, Dunstan Road, Oxford, OX3 9BY](#) Free parking. Please bring your own mat, blocks, blanket etc and wear a mask on entrance and exit. Hand sanitisers available. Sadly, due to Covid-19 the kitchen may be closed so please bring your own hot drinks. Selection of mats/bags/blocks/books/DVDs/CDs on sale.

COST £100 all workshop or £30 per Saturday class/£42 Sunday 3 hr class **Earlybirds:** book by 20th January pay only £90 all workshop or £27 per Sat class / £38 Sun 3hr class. Full-time students/over 65s/Benefit recipients also get another £3 off per class. **Cancellations:** if made more than 14 days before the workshop 10% is forfeited; 7-14 days before workshop 50% is forfeited. Cancellations made less than 7 days before start of workshop are not refundable unless a substitute is found in which case you will get a 90% refund. N.B. Priority will be given to those booking all workshop **as classes are limited to 12 people.**

TO BOOK: fill in form below & send to *Ian Macdonald* to 14 Chalfont Rd, Oxford OX2 6TH. For bank transfer info please email Ian at oxfordyoga@gmail.com ☎ 01865-421234
www.oxfordyoga.co.uk



NAME(s)..... EMAIL ☎

ADDRESS..... POST CODE

I/we wish to book (✓ box) Saturday am. ☐ Saturday pm. ☐ Sunday ☐ I/we enclose a cheque payable to
Ian Macdonald for £..... **Bank transfer details** on request

Sandra Howling March'21 Oxford

30 Oct

Oxford 1st 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