



Astanga Vinyasa Yoga Workshop **OXFORD** 14-15 January 2023

This workshop was postponed from September 2022 – prices are unchanged

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 Hips, Handstands, Arm Balances! Q&A Following on from the morning practice we will explore hip opening sequences including pigeon, splits, double firelog and more! Handstands and Arm Balances. We will close with an opportunity for Q&A. Suitable for students of any style of yoga as Sandra will offer modifications and simpler or more advanced versions so all students can enjoy exploring.

SUNDAY 10am-1pm (3 hrs) Half Primary / Half Intermediate Series Counted Class

followed by a guided 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 guided Pranayama Practice before everyone takes rest.

VENUES **ST.MARGARET'S INSTITUTE** (SMI), 30 Polstead Rd, Oxford OX2 6TN - near Anchor pub. Limited parking (ask Ian). Bring a mat and blocks or buy at the hall. Yoga books/DVDs on sale. Free teas, coffee & biscuits provided.

PRICE **£100 all workshop or £30 per Saturday class/£42 Sunday 3hr class** **Earlybirds:** pay less and book by **17th August: £90 all workshop or £27 per Sat class / £38 Sun 3hr class**. Full-time students/over 65s/Benefit recipients get extra **£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 not refundable unless a substitute provided in which case you get a 90% refund. Classes limited to 18, so priority given to those booking both days.

TO BOOK: fill in form below and send to *Ian Macdonald*, 14 Chalfont Rd, Oxford OX2 6TH. For bank transfer info please email Ian at oxfordyoga@gmail.com or text him **07594-154005**

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NAME(s)..... EMAILTel.....

ADDRESS..... POST CODE

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

Sandra Howling Jan 2023 Oxford 6 Oct