



# Two Days In Yoga

## With Ruth White

Connections 3, The Fire Service College  
London Rd, Moreton-in-Marsh  
GL56 0RH

Saturday 7<sup>th</sup> & Sunday 8<sup>th</sup> March 2020

***Whatever your ability, you will be most welcome.  
Come and recharge mind, body and spirit.***

### PROGRAMME

	SATURDAY		SUNDAY
8.00	Swimming (optional)	8.00	Swimming (optional)
10.00	Yoga	10.00	Yoga
11.30	Tea Break	11.30	Tea Break
11.45	Talk	11.45	Talk
12.30	Swimming (optional)	12.30	Swimming (optional)
1.00	Lunch (excellent buffet)	1.00	Lunch (excellent buffet)
2.00	Talk	2.00	Talk
3.00	Tea Break	3.00	Yoga Stretch, Pranayama & Meditation
3.15	Yoga Stretch, Pranayama & Meditation	4.00	Farewell
4.00	Farewell		
	<b><u>Or</u></b>		
3-5pm	CPR and First Aid Training Matthew Archer, MGM Training		

**RUTH** was originally trained and certificated by B.K.S. Iyengar and she has been an international yoga teacher for some 40 years, having taught in 25 countries. Her teaching is a source of inspiration both physically and spiritually.

**To Book - £60 per day** to include lunch or **£15 per session** Please make cheques payable to R White or please request details to make a payment by BACS.

**B&B** - You can stay at the Fire Service College one or two nights. Contact the Fire Service College directly to book your accommodation by calling 01608 812106 ask for Hannah Please mention you are part of the Yoga weekend.

On the **Saturday evening** we will have dinner at the Red Lion, Long Compton.

For TT's taking CPD, it's a point for every hour (excluding breaks). For further information, please visit our website [www.yogawithruthwhite.com](http://www.yogawithruthwhite.com)