###### Two Days in Yoga

With Ruth White

New Beaconsfield Hall, Station Road, Shipton-Under-Wychwood, OX7 6BQ

##### Saturday 27th & Sunday 28th February 2021

***Whatever your ability, you will be most welcome.***

***Come and recharge mind, body and spirit.***



New Beaconsfield Hall is a light and spacious hall with underfloor heating; well suited for the practice of yoga. It is located in the beautiful Cotswold village of Shipton-under-Wychwood, about 4 miles north of Burford, Oxfordshire.

We will have a full day of yoga and will cater for the stiffer body.

**SUGGESTED PROGRAMME**

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|  | **SATURDAY** |  | **SUNDAY** |
| 9.45  10.00 | Welcome  Yoga | 8.30  10.00 | Teacher Training  Yoga |
| 12.00 | Tea Break or *Teacher Training* | 12.00 | Tea Break or Teaching Training |
| 1.00 | Lunch | 1.00 | Lunch |
| 2.00 | Talk | 2.00 | Talk |
| 3.00 | Yoga, pranayama, meditation & relaxation | 3.00 | Yoga – Pranayama & Meditation |
| 4.30  5.30 | End of day  Break – Walk or rest | 4.30 | Farewell |
| 6.00 | Talk |  |  |
| 7.00 | Supper out at the Wychwood Inn |  |  |
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**RUTH** was taught by BKS Iyengar and she has been an international yoga teacher for 50 years. Her teaching is a source of inspiration both physically and spiritually.

**COST -** The full cost for the **weekend is £126** (or **£68** **per day**) to include the lunch.

**BEDS** for Saturday night available, please request.

**To Book** Please send a non-refundable deposit of £100 for the weekend or £50 for a day. Please make cheques payable to R. White, or please request details to make a payment by bank transfer.

RUTH WHITE . YOGA CENTRE

Lane House Farm, Milton Road, Shipton-under-Wychwood, Oxon OX7 6BD

Tel: 01993 831032 Email: [info@yogawithruthwhite.com](mailto:info@yogawithruthwhite.com)

www.yogawithruthwhite.com