

# YOGA FOR EVERYONE

with **Ruth White**

**Saturday 28 – Sunday 29 January 2012**



## Heythrop Park Resort

Enstone  
Oxfordshire  
OX7 5UF

**All levels of Ability welcome from Teacher Trainers to Beginners**

### Accommodation

Heythrop Park, an 18<sup>th</sup> Century country mansion originally built for the Earl of Shrewsbury, is set in the heart of the Cotswolds. Standing in its own extensive landscaped gardens, the house boasts luxurious surroundings with excellent indoor heated pool, which you are free to use at any time, towels are provided. The buffet cuisine is delicious and plentiful with a wide choice available for all, including vegetarians, wheat free and dairy free. Saturday evening's dinner will be waiter service.

### Ruth White

Ruth teaches with enthusiasm and a sense of fun, and brings the same warmth and clarity to her talks and demonstrations. She is well known for her attention to detail and has the ability to enable people to see through their limitations, achieve their full potential and experience a sense of freedom.

### Cost

The full cost of the two day weekend is £220.00, which includes one night's accommodation, all meals and tuition. Non-residents are also welcome at a cost of £87 per day, inclusive of two meals each day. Accommodation is available at the hotel on Friday night, please contact the hotel direct for further details.

### To Book

Please send a non refundable deposit of £100 for a residential place or £50 for non residential days. Cheques payable to R White please.

### Requirements

Please bring yoga mat, blanket, blocks and belt. Also, swimsuit and walking boots. Towels are provided. DVDs, books and yoga products will be on sale.

### Suggested Programme

#### Saturday 28 January

8.00 Yoga and  
Pranayama  
9.30 Breakfast  
11.30 Yoga  
1.00 Lunch  
2.30 Yoga  
4.00 Break  
4.30 Yoga  
6.00 Meditation  
7.00 Dinner  
8.15 Talk

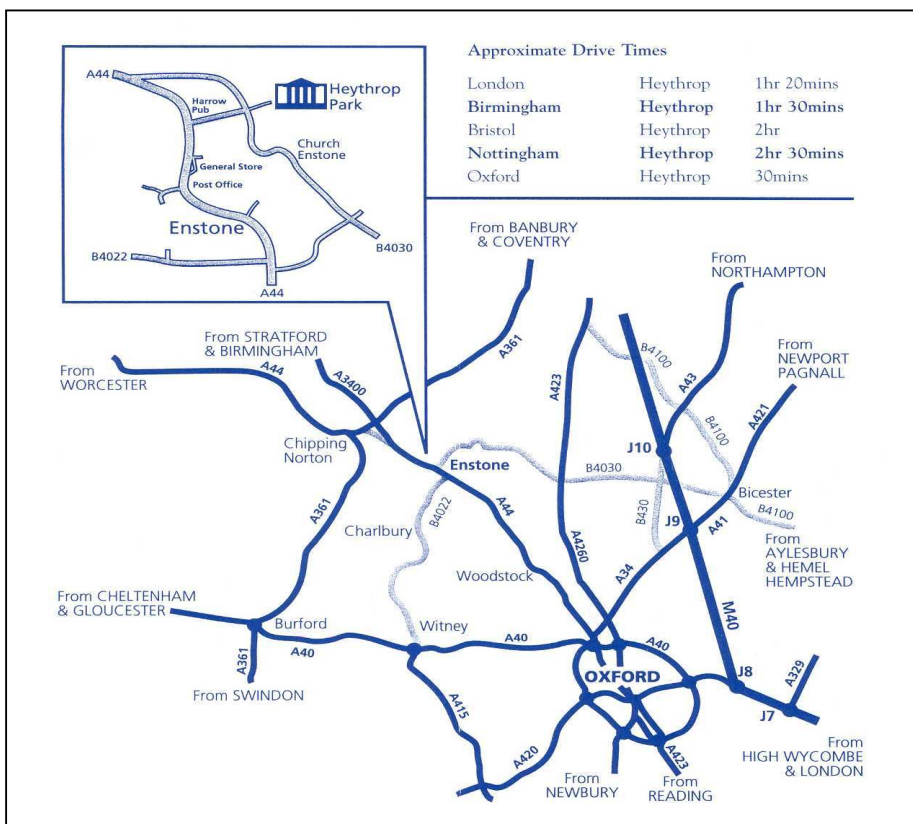
#### Sunday 29 January

8.00 Yoga and  
Pranayama  
9.30 Breakfast  
11.30 Yoga  
1.00 Lunch  
2.30 Yoga  
4.00 Break  
4.30 Yoga  
6.00 Farewell

## Directions to Heythrop Park Resort, Enstone, Chipping Norton, Oxon OX7 5UF

From the M40 Northbound: Leave the motorway at Junction 8 (signposted Oxford), join the A40. Continue along dual carriageway; at the first roundabout take the third exit and continue along the A40. Go straight across the next roundabout and at the third roundabout turn right into the A44 (signposted Woodstock Evesham). Continue along this road, (passing under the A34 and through Woodstock) for approx. 12 miles to Enstone village. Pass petrol station on the left; continue through village for ½ mile. At the bottom of the hill turn right at the Harrow Pub into "The Drive" to crossroads and entrance to Heythrop Park will be seen immediately facing you.

From M40 Southbound: Leave motorway at Junction 11 (Banbury) cross over next two roundabouts and at the third take first exit left onto A361. Continue to Banbury Cross, after a short distance turn right (signposted A361 Chipping Norton), pass through Bloxham & South Newington, approx. 11 miles. Do not take the first road signposted Heythrop Park, continue to the roundabout & take first exit onto A3400 (signposted Enstone, Woodstock (A44)). Carry on for 4 miles to village fork left onto B4030, go down this road for about 250 yards, entrance to Heythrop Park will be seen set back on left hand side.



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](http://www.yogawithruthwhite.com)