

## YOGA WITH SASHA NORTON



### ASHTANGA YOGA CLASSES

**David Lloyd, Oxford** (members only)  
[www.davidlloyd.co.uk/home/clubs/oxford](http://www.davidlloyd.co.uk/home/clubs/oxford)  
Thursdays 6-7pm • Sundays 6-7.15pm



### VINYASA FLOW YOGA CLASSES

**David Lloyd, Oxford** (members only)  
Mondays 6.20-7.15pm

**Grace & Gravity Studio, Wallingford**  
<https://www.graceandgravity.studio/>  
Tuesdays 6.35-7.35pm £8.50

**Ferry Sports Centre, Summertown**  
[www.fusion-lifestyle.com/centres/ferry-leisure-centre](http://www.fusion-lifestyle.com/centres/ferry-leisure-centre)  
Thursdays 10.30-11.30am (see website for prices & booking)



### YOGA WORKSHOPS

**Introduction to Ashtanga Workshop** £25  
21 June 2020 [@GraceAndGravityStudio](https://www.instagram.com/graceandgravitystudio)



### YOGA FESTIVALS & RETREATS

**Champneys Henlow Grange Spa Retreat** from £410  
24-26 April 2020. Book via [www.freespiritryoga.co.uk](http://www.freespiritryoga.co.uk)

**Om & Bass Retreat Style Festival, Spain** £70-310  
5-7 June 2020 [@omandbass](https://www.instagram.com/omandbass)

**Om & Bass Yoga & Dance Festival** £0-163  
10-12 July 2020 [@omandbass](https://www.instagram.com/omandbass)

**World Yoga Festival** £0-159  
30 Jul-2 Aug 2020 [www.yogafestival.world](http://www.yogafestival.world)

tel [07710 237162](tel:07710237162) email [info@sashanorton.co.uk](mailto:info@sashanorton.co.uk)  
web [www.sashanorton.co.uk](http://www.sashanorton.co.uk) FB/Insta [@SashaNortonYoga](https://www.instagram.com/SashaNortonYoga)

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