

ASHTANGA YOGA CHIKITSA

MAY 9 - 15 2014

ashtanga
yoga

IBIZA



'FOCUS' WORKSHOP WITH GRAEME NORTHFIELD

A Week to Strengthen, Inspire and Refresh Every Body's Practice!

Friday Evening Meditation; Saturday - Sunday: Morning Led Practice & Afternoon Classes

Monday - Thursday: Morning Self-Practice & Afternoon Meditations

Course Cost: 320 Euros

Graeme is a senior certified Ashtanga Yogi, living and breathing the practice for over 32 years. He completed 4th Series in 1991 and was certified by Shri K Pattabhi Jois to teach Advanced B Series.

Graeme's wealth of experience, his abundance of passion & motivation for practice & the depth of wisdom he embodies are evident in his teaching.

His workshops are insightful, inspiring and suitable for every level of practitioner.

Ashtanga Yoga Chikitsa (Yoga Therapy)

addresses practice from a therapeutic perspective. Understanding and developing strong foundations through postural alignment, strengthening of the neuromuscular system and joint stability, leads to steady and enjoyable progressions, whilst minimising pain and the risk of injury.

In today's world of extreme stresses, pollution and unnatural environments, this age-old discipline provides an effective means to assist in restoring and maintaining a healthy, balanced existence.

www.AshtangaYogaChikitsa.com

Accommodation & Camping Available

Contact ANURAG: anuraggigia@yahoo.it

www.ashtangayogaibiza.com