

# ASHTANGA YOGA CHIKITSA IBIZA 2019

W I T H

G R A E M E & L E O N I E

HOSTED BY ANURAG & ASHTANGA YOGA IBIZA

MAY 12 - 22, 2019

***Yoga immersion at the beautiful Ashtanga Yoga Ibiza Shala***

*10-day Workshop: Morning Ashtanga Vinyasa with afternoon 'Focus' classes  
including 'Mantras in Motion' - Rhythm Meditations with Leonie*

***Focusing on the development of practice as a safe, effective discipline for  
self-transformation, through the understanding of alignment, stability &  
attitudes that access deeper states of awareness & relaxation***

*All levels of experience welcome. Meals & accommodation not included.*

**Yoga Only: 560 Euros**

**Contact Leonie for Yoga Enquiries, Booking & Payment**

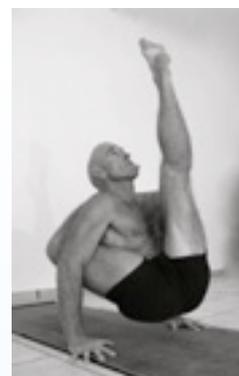
**[ashtangayogachikitsa@gmail.com](mailto:ashtangayogachikitsa@gmail.com)**

*Ashtanga Yoga Chikitsa (Yoga Therapy) addresses practice from a therapeutic perspective. The understanding and development of 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, the discipline of yoga provides an effective means to assist in restoring and maintaining a healthy, balanced existence.*

**[www.AshtangaYogaChikitsa.com](http://www.AshtangaYogaChikitsa.com)**

**Contact Anurag for Accommodation  
Options & Directions**

**[www.ashtangayogaibiza.com](http://www.ashtangayogaibiza.com)**



**Graeme & Leonie** live at Prana Ridge in the Nambucca Valley on the eastern seaboard of Australia.

Creating a rural yoga retreat & working in nature inspires them with a down-to-earth approach to life, practice & teaching.

Graeme studied with Sri K Pattabhi Jois in Mysore over a 20 year period, receiving advanced certification in 1991. 37 years of exploration, evolution & insight have refined his gift for transmitting the essence of Ashtanga Yoga with clarity, wisdom and humor.

Leonie shares invaluable experience gained from 33 years of dedicated Ashtanga practice, enriched by supportive disciplines in nursing, naturopathic studies, Sumarah Meditation, Amerta Movement, Qi Gong & TaKeTiNa Rhythm Process.