

Ashtanga Vinyasa Yoga Workshop

with
Graeme Northfield & Leonie Northfield



Graeme received Advanced B Senior Teacher Certification from Sri K Pattabhi Jois "Guruji" in 1995. Graeme's calm, intelligent and grounded teaching stems from over 43 years of dedicated self-practice, exploration and evolution. He has taught internationally for 34 years. Leonie complements with the broad experience gained from 39 years of Ashtanga, balanced by supportive practices such as chanting, movement and meditation. This workshop will be of interest to people who wish to develop and explore a sustainable and informed yoga practice for joyful connection in life.

October 24.-28.

Fri 24. 18:00-20:00 Pranayama, Relaxation, Chai Chat, Presentation

Sat 25. & Sun 26. 10:00-12:00, 13:00-15:00 Asana, Pranayama / Supplementary exercise to support longevity, Q&A

Mon 27. & Tue 28. 06:30-08:30 Mysore Style, "free your mind" gentle, therapeutic, hands-on teaching

Cost: Full chf280 / Fri-Sun chf220 / Mon-Tue chf80

Location: Studio TBA Adliswil/ Langnau am Albis, ZH (S4 Train Zürich)



To Register Contact: Jacqui Brady

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