

Graeme Northfield
ashtanga yoga chikitsa

IBIZA 2011
easter workshops
21 april - 3 may

TWO 6-DAY WORKSHOPS

21 – 26 April and 28 April – 3 May

Morning Ashtanga Self-Practice Classes

Suitable for beginners to advanced practitioners

180 EUROS per Week (course fee only)

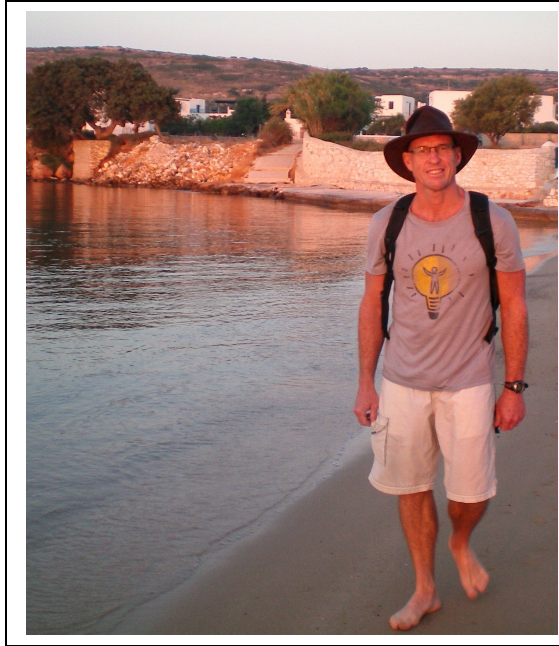
Graeme Northfield has been travelling the yoga path for 35 years and is a dedicated practitioner of Ashtanga Yoga for 29 years. He is the first Australian to study with Sri K. Pattabhi Jois in Mysore and completed 4th Series in 1991. In 1995 he received Guruji's certification to teach Primary, Intermediate and Advanced A & B Series.

Workshops with Graeme are inspired by his deep passion and understanding, not only of the physical mechanics of asana practice but of the body-mind-heart connection. He believes that in today's world we need to direct our attention towards simplicity, honesty and conscious relaxation.

Venue: **Anurag's Ashtanga Yoga Ibiza** provides the beautifully inspiring yoga space located on a hilltop near the small northern town of San Miguel.

Accommodation: Accommodation and camping are available at the yoga venue. There are also well-priced, attractive hotels close to the yoga studio and Anurag is happy to help with these enquiries. Early bookings are essential due to high season demand.

Workshop and Accommodation Enquiries: www.AshtangaYogaIbiza.com



Graeme Northfield ashtanga yoga chikitsa

2011

Ibiza: april 21 - may 3

Milano: may 7 - 8

Graeme Northfield has been travelling the yoga path for 35 years and is a dedicated practitioner of Ashtanga Yoga for 29 years. He is the first Australian to study with Sri K. Pattabhi Jois in Mysore and completed 4th Series in 1991. In 1995 he received Guruji's certification to teach Primary, Intermediate and Advanced A & B Series.

Workshops with Graeme are inspired by his deep passion and understanding, not only of the physical mechanics of asana practice but of the body-mind-heart connection. He believes that in today's world we need to direct our attention towards simplicity, honesty and conscious relaxation. All workshops are suitable for beginners to advanced practitioners.

IBIZA EASTER WORKSHOP APRIL 21 – MAY 3

Courses: Two 6-day Courses, April 21 – 26 and April 28 – May 3
Morning Ashtanga Self-Practice Classes

Cost: 180 EUROS per week (course fee only)

Venue: Anurag's Ashtanga Yoga Ibiza provides the beautifully inspiring yoga space located on a hilltop near the small northern town of San Miguel.

Accommodation: Accommodation and camping are available at the yoga venue. There are also well-priced, attractive hotels close to the yoga studio and Anurag is happy to help with these enquiries. Early bookings are essential due to high season demand.

Workshop and Accommodation Enquiries: www.AshtangaYogalbiza.com

MILANO WEEKEND WORKSHOP MAY 7 - 8

Course: 3 Classes, 2 Morning Led Primary Practices and Saturday Afternoon 'Focus' Class

Cost: 100 Euros

Venue: Milano, Italy

Enquiries: www.AshtangaYogalbiza.com