

Ashtanga Yoga Madrid

Weekend workshop - April 16 & 17, 2011

BACK & BANDHAS

Activation of the Bandhas is one of the key elements of Ashtanga Yoga.

Bandhas have a direct relationship to the breath, spinal alignment and stability and the movement of energy through the body.

In this weekend workshop, Graeme presents an easy to follow guide to the Back & Bandhas system, in both yoga practice and daily life, through simple anatomical explanations and a range of practical exercises.

Workshop Format: Suitable for beginners to advanced practitioners

2 Morning Led Primary Practices

2 Afternoon Classes focusing on Theory and Practical Exercises

Cost: 130 Euros

Venue: Ashtanga Yoga Madrid www.ashtangayogamadrid.com

Enquiries: Borja Romero Valdespino, borja@ashtangayogamadrid.com

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.

