

Ashtanga Yoga Ibiza August 9-28, 2009



Workshop Gabriella Pascoli

August
sunday 9 -friday 14
sunday16-friday 21
sunday23-friday 28
saturdays free
9-12 AM

San Miguel, Ibiza, Spain
phone (0034) 971 334 708



Gabriella Pascoli

She was first introduced to Ashtanga Vinyasa in 1991 and then in 1996 moved to Mysore for the next 5 years with her family, so she could study closely and regularly with Shri.K.Pattabhi Jois and his grandson Sharath Rangaswamy, the source of the ashtanga vinyasa method.

Her teaching is hailed as sensitive and strong. She is respected for her dedication to the practise and an intuitive technique and method, which combines a deep inner understanding of yogic principles intergrated with modern knowledge and pragmatism of daily life.

The workshop will consist of daily breathing/pranayama work, meditation and your self practise Mysore style. Individual instruction will be given and hands on adjustments conducted in a safe manner using technique. The preparation of the breathing work will give the nadi's the chance to relax and open.

If you are looking for accommodation, you can contact me at (+34) 97 133 4708.

If you are planning on renting a car while in Ibiza, book it in advance in order to get better prices. Don't forget to print your reservation receipt and show it to the person in charge at the agency so that you get charged the price you saw in the webpage and not the double when you arrive at the counter.