

# ASHTANGA YOGA RETREAT IN IBIZA

San Miguel, Ibiza. 27 July – 2 August

3 - 9 August 2014



ASHTANGA YOGA WITH ANURAG VASSALLO & BORJA ROMERO VALDESPINO  
IN THE PEACEFUL ASHTANGA YOGA IBIZA SHALA WITH YUMMY AND  
HEALTHY VEGETARIAN FOOD



## • YOGA CLASSES

6 morning ashtanga yoga classes, from Monday to Saturday.  
Plus 2 afternoon technical classes and meditations  
Beginners are welcome!

## • ACCOMMODATION

Ashtanga yoga Ibiza is a beautiful Ibicean house with amazing landscapes  
You can choose shared room, campsite or find your own room

**VEGETARIAN MEALS** 6 brunch and 5 dinners by Susanna Berenguer

## Workshop fees:

Yoga + accommodation+ meals

605€ double room / 425€ campsite

Yoga only: 160€ (Drop in class 25€)

- ✓ Get 30% discount on your second week
- ✓ Children come for free if they come with 2 adults

**Bookings:** [reservas@ashtangayogamadrid.com](mailto:reservas@ashtangayogamadrid.com)



**Anurag Vassallo** has been a yoga practitioner for more than 30 years, focusing in ashtanga yoga for the last 18. She travels regularly to mysore since 1995 and she has been authorized to teach by K. Pattabhi Jois Ashtanga Yoga Institute. She has also completed a teacher training with Graeme northfield. Anurag teaches in ashtanga yoga ibiza.



**Borja Romero Valdespino** started his ashtanga yoga practice in mysore while he was travelling in India in 2000, since then he has travelled to Mysore every year to practice with Sri K. Pattabhi Jois and his grandson Sharath Rangaswami. In 2005 he got authorized by Sri K. Pattabhi Jois to teach ashtanga yoga and in 2010 he got the level II authorization. He has also studied with Peter Sanson, Graeme Northfield and Rolf Naujokat. He founded ashtanga yoga madrid, where he teaches regularly.

Ashtanga Yoga Madrid  
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