

# ASHTANGA YOGA IBIZA WORKSHOP 5-8 OCTOBER 2013



## SENIOR CERTIFIED TEACHER **GRAEME NORTHFIELD**

### FRIDAY EVENING

Meditation

### SATURDAY

Morning - Led Primary Practice (2 hrs)

Afternoon (2 hrs): "Exploring Strength" - Minimising injury and increasing the enjoyment of practice.

### SUNDAY

Morning - Led Primary Practice (2 hrs)

Afternoon: "Beyond Asana - Breathing Into the Heart" - Ashtanga Yoga in daily life.

Time for discussion, questions and answers

### MONDAY

Morning - Ashtanga Yoga Self-Practice

Afternoon - Meditation

### TUESDAY MORNING

Morning - Ashtanga Yoga Self-Practice

**GRAEME NORTHFIELD** from Australia is a **Senior Certified Ashtanga Yogi**.

One of the few students of Shri K. Pattabhi Jois qualified to teach Advanced B Series, Graeme's wealth of knowledge and direct experience, his abundance of passion and motivation for the practice, and the depth of wisdom he embodies, are tribute to 31 years of dedicated practice and study in Ashtanga Yoga.

Graeme trained professionally as a Registered Nurse, working in the fields of psychiatric and hospice nursing. He supported his practical grasp of anatomy and physiology through western science approaches to health and fitness with qualifications in Massage and Personal Training.

Two important modalities that continue to have a profound influence on Graeme's daily and spiritual life and outlook are: Sumarah Meditation, the Javanese approach to 'The Path of Surrender' through 'guided' meditation, and Joged Amerta Movement, a body/mind/nature-based movement practice with roots in Sumarah Meditation, Buddhism and Nature. While at home on property in Australia, surrounded by forest and ringed with (small) mountains, Graeme loves being out in Nature, connecting with Mother Earth through contemplation and the physical application of permaculture principles. Together with wife, Leonie, they are fulfilling a vision to create 'Prana Ridge', a conscious living retreat centre.

### THE WORKSHOP

Graeme believes an essential insight of practice is to discover, as individuals, who we are and why we're here on Planet Earth; unveiling our unique gifts and developing the confidence to share these gifts for a greater good.

On a practical, physical level, it is important to understand how we achieve maximum benefits from our practice through increasing body awareness in alignment, joint stability, strength and flexibility. Another important aspect is learning to balance the active & passive, masculine & feminine energies.

On deeper levels, it takes courage to look into ourselves and allow life to work on us in order to bring about change. Ultimately, we practice to heal ourselves and by raising our own vibration and consciousness through Yoga, we also play our part in the healing of the planet.

Workshops with Graeme are an insightful, inspiring experience not to be missed.

They are suitable for every level of practitioner.

### WORKSHOP FEE: CLASSES

250€ booking before 30 July

280€ total fee

FOR ACCOMODATION  
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