

ASHTANGA YOGA WORKSHOP

IBIZA 15-22 and 22-29 August 2010



ASHTANGA YOGA WITH ANURAG VASSALLO & BORJA ROMERO VALDESPINO
IN ASHTANGA YOGA IBIZA (San Miguel)
WITH TYPICAL IBICEAN ACCOMMODATION AND DELICIOUS VEGETARIAN FOOD



EACH WEEK INCLUDES (Yoga + Accommodation + Meals)
6 Ashtanga morning classes (from Monday through Saturday)
2 alignment evening classes / 2 guided meditations
Movie + Vegetarian cooking class
VEGETARIAN FOOD: 6 breakfast meals (Monday through Saturday)
4 dinners meals (Monday through Thursday)
Week 1: Sunday August 15th through Sunday August 22nd
Week 2: Sunday August 22nd through Sunday August 29th

Includes: 7 days accommodation (arrival on Sunday after 12 pm / departure on Sunday before 12 am)



Workshop fee:
Yoga + Accommodation + Meals
830€ sharad room, per week
Deposit : 400€
(Limited places available)

Contact:
Madrid : www.ashtangayogamadrid.com
reservas@ashtangayogamadrid.com
91 369 00 33 - 667 65 26 00
Ibiza: www.ashtangayogaibiza.com / 97 133 47 08

Anurag Vassallo first travelled to India 1978 where she met Osho, who gave her the name "Anurag". After 12 years of yoga practice she met her first Ashtanga Yoga teacher and in 1996 she went to Mysore, India to study with Sri K. Pattabhi Jois at the Ashtanga Yoga Research Institute. The following year she completed and Ashtanga Yoga teacher-training with Graeme Northfield. She still visits Mysore once a year in order to practice and pay her respects to Guruji.

Borja Romero Valdespino travels regularly to Mysore, India, every year since 2000 to study Ashtanga Yoga with Sri K. Pattabhi Jois and his grandson Sharath Rangaswamy. In 2005 he received the authorization from Sri K. Pattabhi Jois to teach Ashtanga Yoga. He also completed his studies in Mysore with various teachers, such as Rolf Naujokat, David Swenson, Graeme Northfield and Peter Sanson. Along with his studies, he has practiced Iyengar Yoga and Anusara with John Friend. He has completed the Anusara Yoga teacher training taught by Jayendra Hanley. At the present time he is professionally dedicated to teaching Ashtanga Yoga in Madrid.