

Ashtanga Yoga and Beyond

# Mark Robberds and Deepika Mehta workshop

September 3rd - 8th, 2016



## 6 days morning mysore classes

3 afternoon workshops - these classes will include chanting, philosophy, breath work and meditation, movement and core strengthening and themes such as back bending, arm balances and inversions and everyday essentials.



Price € 300, accommodation not included.

[www.AshtangaYogaIbiza.com](http://www.AshtangaYogaIbiza.com)