

"Awakening Through Asana"

An Intensive Workshop for
Motivated Teachers
and Students of
Astanga Vinyasa Yoga with

Graeme and Leonie Northfield

Monday 21st September to Saturday 3rd October 2009
The Venue: ASHTANGA YOGA IBIZA

This workshop offers students a step-by-step process to learn:

Foundations of the musculo-skeletal system
Muscles involved in movement
Stabilisation of the joints in asana
Integration of the Breath, Bandhas and Alignment
How to minimise the potential risk of injury and pain,
while maximising the therapeutic value of the practice
Additional therapeutic exercises

The course will involve approximately six hours per day, Monday to Friday,
And two hours on Saturday mornings, with Sunday free
Mornings: Pranayama, Self-Practice/ Led classes
Afternoons: Anatomy Theory and Practical Application to Yoga Practice, Guided relaxation

Course Fee - 800€

Accommodation is not included
We can recommend rooms in close proximity to the Shala

The course will be presented in English
Limited to 16 participants

Enquiries and bookings

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