

3-6 APRIL 2015 EASTER ASHTANGA YOGA WORKSHOP IN IBIZA

with Anurag



Anurag is an Authorized Teacher by the "**Shri K Pattabhi Jois Ashtanga Yoga Institute**" to teach Ashtanga Vinyasa Yoga. Anurag used to do competitive ski and after having a bad accident that broke her legs in 4 points, she discovered the Yoga practice for her rehabilitation. After 12 years of Integral Yoga, in 1992 she met her first teacher of Ashtanga Yoga, and in 1995 she travelled to Mysore, India, to study with the Master Sri K. Pattabhi Jois at the Ashtanga Yoga Research Institute. The following year she completed an Ashtanga Yoga teaching training with Graeme Northfield in Australia. As a Yoga teacher, she likes to share how it is possible to heal through this wonderful and powerful practice that is Ashtanga Yoga, with a right attitude and a consistent practice, taking care of the body alignment and using the right muscles, thus preventing and healing injuries. Throughout the practice and the understanding of its philosophy we can achieve a deep change in our way of life. As said by Shri K. Pattabhi Jois: "*Do your practice and all is coming.*"

Om Shanti.

4 Days Workshop/Retreat

Exploring Alignment and Focusing on the Breath

Friday

Morning Led Practice

Saturday

Morning Mysore Practice + Afternoon Technical

Focus on Alignment and Asanas

Sunday

Morning Mysore Practice + Afternoon Kundalini Meditation

Monday

Morning Mysore Practice



WORKSHOP FEE:

140 EURO

SINGLE CLASS:

25 EURO

FOR INFO, BOOKING AND ACCOMODATION: ANURAG

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