

ASHTANGA YOGA CHIKITSA IBIZA 2018

W I T H

G R A E M E & L E O N I E

HOSTED BY ANURAG & ASHTANGA YOGA IBIZA

Saturday 26 to Thursday 31 MAY 2018

Yoga immersion at the beautiful Ashtanga Yoga Ibiza Shala

1-Week Workshop: 6 morning Ashtanga Vinyasa classes & 1 afternoon 'Focus' class

Yoga Fee: 280 Euros

The week focuses on developing practice as a safe, effective discipline for self-transformation, through the understanding of alignment, stability & attitudes that access deeper states of awareness & relaxation

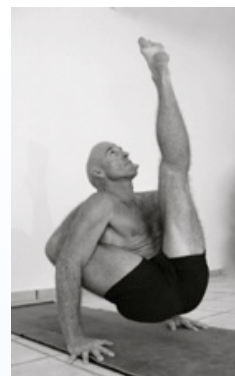
Advance Booking & Payment Required

All levels of experience welcome. Meals & accommodation not included.

Ashtanga Yoga Chikitsa (Yoga Therapy) addresses practice from a therapeutic perspective. The understanding and development of strong foundations through postural alignment, strengthening of the neuromuscular system and joint stability, leads to steady and enjoyable progressions, whilst minimising pain and the risk of injury. In today's world of extreme stresses, pollution and unnatural environments, the discipline of yoga provides an effective means to assist in restoring and maintaining a healthy, balanced existence.

Contact Leonie for Payment, Booking & Enquiries
ashtangayogachikitsa@gmail.com
www.AshtangaYogaChikitsa.com

Contact Anurag for Accommodation Options & Directions
www.ashtangayogaibiza.com



Graeme & Leonie live, breathe and work on the land in rural Australia, inspiring a very down-to-earth approach in their lives, outlooks and practices.

Graeme studied over 20 years in Mysore, receiving certification from Sri K Pattabhi Jois in 1991. 35 years of exploration, evolution & insight have refined his gift for transmitting the essence of Ashtanga Yoga with clarity and humour.

Leonie shares experience gained from 32 years of dedicated Ashtanga practice & the supportive disciplines of Sumarah Meditation, Amerta Movement, Qi Gong & TaKeTiNa Rhythm.