

# GRAEME NORTHFIELD

## Senior Certified Ashtanga Yoga Teacher



**Graeme** is a Senior Certified Ashtanga teacher, qualified by **Shri K. Pattabhi Jois**. His wealth of knowledge and direct experience, combined with the passion, understanding and depth of wisdom he embodies, are tribute to 33 years of dedicated practice and study in Ashtanga Yoga. Graeme believes an essential insight of practice is to discover, as individuals, who we are and why we're here on Planet Earth; unveiling our unique gifts and developing the confidence to share these gifts for a greater good. On a practical, physical level, it is important to understand how we achieve maximum benefits from our practice through increasing body awareness in alignment, joint stability, strength and flexibility. Also being aware of balancing the active/passive, masculine/feminine energies. On deeper levels, it takes courage to look into ourselves and allow life to work on us in order to bring about change. Ultimately, we practice to heal ourselves and by raising our own vibration and consciousness through Yoga, we also play our part in the healing of the planet.

## 18-21 APRIL 2015 IBIZA

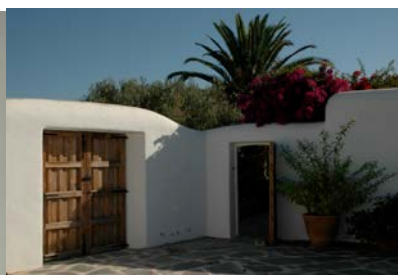
**This 4-day workshop will give focus to "Exploring Strength" Minimising injury and increasing the enjoyment of practice.**

Exploring Alignment, Strengthening, Joint Stability and Deep Relaxation.

**Saturday to Tuesday:** A combination of Led and Self Practices

**Saturday and Sunday:** Afternoon Focus Workshops

**ALL LEVELS OF PRACTICIONER ARE WELCOME**



**FOR INFO, BOOKING AND ACCOMODATION: ANURAG**

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**WORKSHOP FEE:**  
260 EURO