

ASHTANGA YOGA CHIKITSA

W I T H
G R A E M E

HOSTED BY ANURAG & ASHTANGA YOGA IBIZA

4-WEEK WORKSHOP, JUNE 11 - JULY 7, 2017

1-Week Options: June 11 - 16, 18 - 23, 25 - 30, July 2 - 7

260 EUROS per Week

Immerse yourself in a month of yoga at the beautiful Ashtanga Yoga Ibiza Shala. Return the joy and clarity to your practice, gain strength, build on foundations and experience deep levels of relaxation. In order to receive maximum benefit and insight from Graeme's teaching, attending the full month is highly recommended.

Each week offers 6 morning Ashtanga Vinyasa classes & 1 afternoon 'Focus' class

Minimum One Week - 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 confirmation:

ashtangayogachikitsa@gmail.com

www.AshtangaYogaChikitsa.com

Contact Anurag for accommodation options & directions:

www.ashtangayogaibiza.com



Graeme lives, breathes and works on the land in rural Australia, inspiring a very down-to-earth approach in his life, outlook and practice.

He completed 4th series in Mysore in 1991 and was certified by Sri K Pattabhi Jois.

Graeme's wealth of experience, depth of wisdom and abundance of passion and motivation for practice are embodied in his teaching.