

# ASHTANGA YOGA WORKSHOP

IBIZA 19-26 July'09 / 26 July - 02 August'09



**ASHTANGA YOGA WITH ANURAG VASSALLO & BORJA ROMERO VALDESPINO  
IN ASHTANGA YOGA IBIZA (San Miguel)  
WITH ACCOMMODATION IN A BEAUTIFUL IBICEAN HOUSE WITH DELICIOUS VEGETARIAN FOOD**



**EACH WEEK INCLUDES (Yoga + Accommodation + Meals)**  
**6 Ashtanga morning classes** (from Monday through Saturday)  
**2 alignment evening classes / 2 guided meditations**  
**Movie + Vegetarian cooking class**  
**VEGETARIAN FOOD: 6 breakfast meals** (Monday through Saturday)  
**4 dinners meals** (Monday through Thursday)  
Week 1: Sunday July 19th through Sunday July 26th  
Week 2: Sunday July 26th through Sunday August 02th

**Includes: 7 days accommodation (arrival on Sunday after 12 pm / departure on Sunday before 12 am)**



**Workshop fee:**  
**Yoga + Accommodation + Meals**  
**650€ double room / 550€ three-four shared room / 450€ campsite**  
Deposit : 350€  
(Limited places available)

Contacto:  
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**Anurag Vassallo** first travelled to India 1978 where she met Osho, who gave her the name "Anurag". After 12 years of yoga practice she met her first Ashtanga Yoga teacher and in 1996 she went to Mysore, India to study with the still leaving Master Sri K. Pattabhi Jois at the Ashtanga Yoga Research Institute. The following year she completed and Ashtanga Yoga teacher-training with Graeme Northfield. She still visits Mysore once a year in order to practice and pay her respects to Guruji.

**Borja Romero Valdespino** travels regularly to Mysore, India, every year since 2000 to study Ashtanga Yoga with Sri K. Pattabhi Jois and his grandson Sharath Rangeswamy. In 2005 he received the authorization from Sri K. Pattabhi Jois to teach Ashtanga Yoga. He also completed his studies in Mysore with various teachers, such as Rolf, Naujokat David Swenson and Graeme Northfield. Along with his studies, he has practiced Iyengar Yoga and Anusara with John Friend. In 2008 he finished the cycle of Anusara Yoga teacher training, taught by Jayendra Hanley. At the present time he is professionally dedicated to teaching Ashtanga Yoga in Madrid.