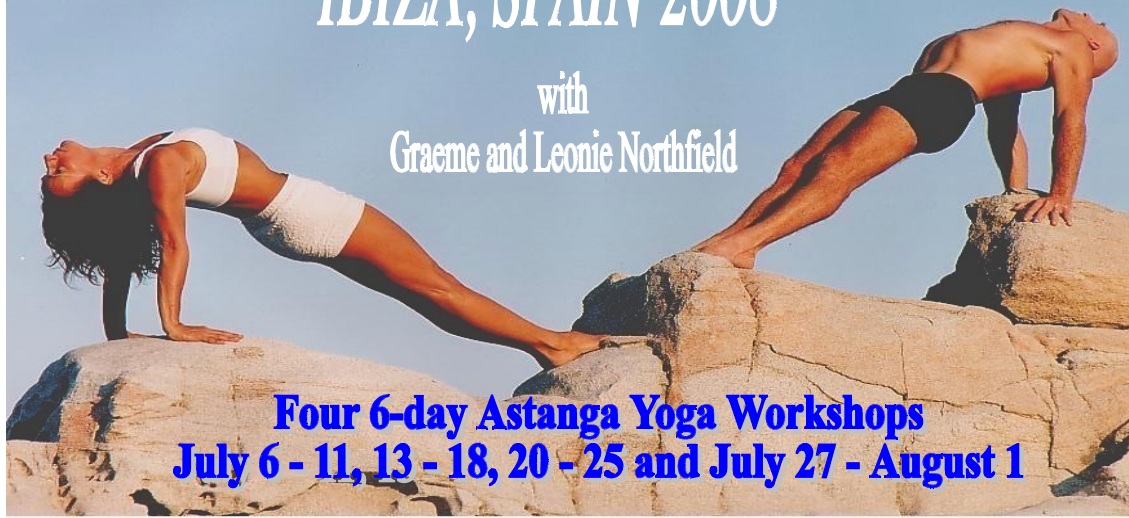


# IBIZA, SPAIN 2008

with  
Graeme and Leonie Northfield



**Four 6-day Astanga Yoga Workshops**  
**July 6 - 11, 13 - 18, 20 - 25 and July 27 - August 1**

**IBIZA** is famously known as Europe's premier party island but there is also a quiet, more peaceful side, steeped in the traditions and values of the old Ibizencan way. While on the island, enjoy exploring local markets, beaches, coastlines and countryside and the more 'exciting' city options.

**THE WORKSHOPS** offer Morning Astanga Yoga self-practice classes, catering for the specific needs and aims of each individual. You can choose to attend one, two, three or all four of these 6-day workshops.

Each week begins with a 9am Sunday class and completes after the Friday morning class.

Beginners are welcome!

**Course Fee:**

**1 Week - 220 Eur**

**2 Weeks - 420 Eur**

**3 Weeks - 600 Eur**

**4 Weeks - 760 Eur**

To confirm your place in one or more of the workshops

The required deposit of **220 Eur** can be sent to:

**Standard Chartered Bank**

**37 Gracechurch Street, London, EC3V 0BX, United Kingdom**

**Bank Account No: 05 7083408 01**

**Bank Account: SCB (CI) Ltd Jersey**

**For Remittance to:**

**BIC (Bank Identifier) Code: SCBLJESH**

**IBAN: GB42SCBL60919910613196**

**Our Account Name: Graeme and Leonie Northfield**

**203 Forest Acres Drive, Cooroy, Qld 4563**

**Our Account No: 1010613196**

**IMPORTANT NOTE:** Attach your name and "Ibiza Yoga" with the transfer and advise us by email when the deposit is made. Please **accept your own bank transfer charges** to ensure the full payment is met.

People attending more than one course are required to pay the balance in cash on arrival.

**THE VENUE** and beautifully inspiring yoga space is provided by Anurag, who lives, teaches and practices Astanga from her home and studio on a hilltop near the small northern town of San Miguel.

Take the route to San Miguel village. Just at the beginning of the village you will see a sign for San Mateo to the left. After 1.5 kms you come to a fork. Take the right hand road in the direction of Ex Portixol.

Approx 1.5 kms cross a small bridge and immediately after the road goes uphill. Take the 1<sup>st</sup> driveway on the left where you will see the sign "Ashtanga Yoga Practice". A map can be supplied on request.

**ACCOMMODATION on IBIZA** is your own choice and responsibility. There are well-priced and attractive hotels close to the yoga studio and Anurag is happy to help with accommodation enquiries. Bookings need to be made as early as possible due to high season demand. Phone Anurag 0034 971 334 708

**Suggested Accommodation Websites**

<http://www.canplanells.com/es/main.html>

<http://www.ibizaproperty.com/rental/r122html>

[http://global-spirit.com/ibiza/hotel\\_can\\_fuste\\_san\\_juan\\_ibiza.html](http://global-spirit.com/ibiza/hotel_can_fuste_san_juan_ibiza.html)

[graemeandleonie@gmail.com](mailto:graemeandleonie@gmail.com)

[www.absoluteastangayoga.net](http://www.absoluteastangayoga.net)