

RETIRO DE ASHTANGA YOGA

IBIZA 3-8 y 10-15 AGOSTO'08



**ASHTANGA YOGA CON ANURAG VASALLO Y BORJA ROMERO VALDESPINO
EN LA ZONA MAS TRANQUILA DE LA ISLA CON DELICIOSA COMIDA VEGETARIANA**



Cada semana incluye:

6 clases de Ashtanga por la mañana (de domingo a viernes)
2 clases de alineamiento por la tarde

Comida vegetariana: Desayuno de lunes a viernes
Cena de lunes a jueves

Semana 1: Domingo 3 a viernes 8 de agosto

Semana 2: Domingo 10 a viernes 15 de agosto

Información avión/barco

Avión: spanair, viajar.com, vueling
easyjet.com

Barco: Balearia, Transmediterranea

Alojamiento

No incluido en el curso

Te podemos ayudar a encontrar
una habitación/apartamento por
la zona

Servicio de transporte

Si quieres que te recojamos
a tu llegada mándanos tus datos:
Nº vuelo/Compañía
Hora de llegada
Ida y vuelta 40€

Precio del curso:

Yoga+Comidas 250€/1semana
(Las dos semanas 470€)

Reserva de plaza:

100€
(Plazas limitadas)

Contacto:

www.ashtangayogamadrid.com
info@ashtangayogamadrid.com
91 369 00 33 - 667 65 26 00

Anurag Vasallo ha practicado Yoga durante 28 años y Ashtanga Yoga los últimos 14.

En 1996 viajó a India para estudiar con el maestro Sri K. Patthabhi Jois. Actualmente sigue viajando a Mysore para continuar su práctica y mostrarle su respeto. Anurag ha completado el curso de formación de profesores impartido por Graeme Northfield.

Borja Romero Valdespino viaja regularmente a Mysore, India desde el año 2000 donde estudia Ashtanga Yoga con Pattabhi Jois y su nieto Sharath Rangaswamy. En 2005 recibió la autorización de Sri K. Patthabhi Jois para enseñar Ashtanga Yoga.

Ha complementado los estudios en Mysore con diversos profesores como: Rolf Naujokat, David Swenson y Graeme Northfield. Paralelamente ha practicado Iyengar y Anusara Yoga. Actualmente se dedica a la enseñanza de Ashtanga Yoga en Madrid.

ASHTANGA YOGA WORKSHOP

IBIZA 3-8 y 10-15 AUGUST'08



**ASHTANGA YOGA WITH ANURAG VASALLO & BORJA ROMERO VALDESPINO
IN THE QUIETEST AREA OF IBIZA-VEGETARIAN FOOD**



Each week includes:

6 ashtanga morning classes (from Sunday to Friday)
2 alignment evening classes

Vegetarian food: Monday to Friday breakfast
Monday to Thursday dinner

Week 1: August 3(Sunday) to August 8 (Friday)

Week 2: August 10(Sunday) to August 15 (Friday)

Flight/ferry Information

Many low-cost fly to Ibiza

Look also:

www.spanair.com

www.vueling.com

www.easyjet.com

Ferry: www.balearia.com www.iscomar.com

Workshop Fee:

Yoga+Meals 250€/1week
(470€ for 2 weeks)

Reservation: 100€

Acommodation

Not included

We can help you to find a room
or apartment around the yoga
school

Airport Pick & Drop

If you want us to pick you at the airport
send us your flight information.

Flight number/ Airline

Time of arrival

Airport pick and return 40€

Contact:

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Anurag Vasallo went to India in 1978 and met Osho, who named her 'Anurag'. After 12 years of yoga practice she met her first teacher of Ashtanga yoga and in 1996 she travelled to Mysore, India to study with the living Master Sri K. Pattabhi Jois at the Ashtanga Yoga Research Institute. The following year she completed an Ashtanga Yoga teaching training with Graeme Northfield. She still returns to Mysore once a year to practice and pay her respects to Guruji.

Borja Romero Valdespino travels to Mysore every year since 2000 to study with Sri K. Patthabhi Jois and his grandson, Sharat Rangaswamy. In 2005 he received the authorization to teach Ashtanga Yoga from Sri K. Patthabhi Jois. Also, he has studied with several senior ashtanga Yoga teachers like Rolf Naujokat, Graeme Northfield and Peter Sanson. In 2005 he found Jonh Fried and completed an Anusara Yoya teacher training 2 years later. He lives in Madrid where he runs an Ashtanga Yoga studio.