

ASHTANGA YOGA RETREAT IN IBIZA

San Miguel, July 1-6, 2013



ASHTANGA YOGA WITH ANURAG VASSALLO & BORJA ROMERO VALDESPINO
WITH TYPICAL IBICEAN ACCOMMODATION



• YOGA CLASSES

6 morning ashtanga yoga classes, from Monday to Saturday.
Plus 2 afternoon technical classes and meditations
Beginners are welcome!

• ACCOMMODATION

Ashtanga yoga Ibiza is a beautiful Ibicean house with amazing landscapes
You can choose shared room, campsite or find your own room

Yoga

Yoga classes: 160€ (drop in class 20€)

Discount for children: contact us

Booking: reservas@ashtangayogamadrid.com

Accommodation

Contact ashtanga yoga Ibiza

anuraggigia@yahoo.it (+34)971334708 (Anurag)

Shared room: 25-40€

Campsite: 10€



Anurag Vassallo has been a yoga practitioner for more than 30 years, focusing in ashtanga yoga for the last 16. She travels regularly to Mysore since 1996 and she has been authorized to teach by K. Pattabhi Jois Ashtanga Yoga Institute. She has also completed a teacher training with Graeme Northfield.



Borja Romero Valdespino started his ashtanga yoga practice in Mysore while he was travelling in India in 2000, since then he has travelled to Mysore every year to practice with Sri K. Pattabhi Jois and his grandson Sharath Rangaswami. In 2005 he got authorized by Sri K. Pattabhi Jois to teach ashtanga yoga and in 2010 he got the level II authorization. He has also studied with Peter Sanson, Graeme Northfield and Rolf Naujokat. He founded ashtanga yoga Madrid, where he teaches regularly.

Ashtanga Yoga Madrid
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