

## ***Graeme and Leonie Northfield workshop***

**STOCKHOLM 28<sup>th</sup> OF APRIL – 1<sup>st</sup> OF MAY 2018 & BROMMA 5<sup>th</sup> – 7<sup>th</sup> OF MAY 2018**

Saturday & Sunday:

08.00 Morning Meditation

09.00 -11.00 Informative Led Class

11.00 – 13.00 Lunch Break

13.00 – 15.00: Afternoon Focus Workshops

Monday & Tuesday:

08.00 -10.00 Morning Self-Practice

Sthlm workshop is a ashtanga yoga motivational master class suitable for experienced students and teachers the focus will be on breath & bandhas to gain clarity & deeper understanding into the application of bandhas in asana & pranayama

place; Studion Lilla Paris at Odengatan 39

full course cost 300€ / 3150 SEK

( early bird 275€ / 2900 SEK, early bird when booking for 2 people 250€/ 2650 SEK per person)

weekend intensive 200€ / 2100 SEK & mysore morning 100€ / 1050 SEK

Bromma workshop is for all levels and will be held at OmShanti at Åhlstensgatan 8 and cost 275€

Both workshops will cost 550€

Info; [cecilia-olsson@hotmail.com](mailto:cecilia-olsson@hotmail.com) workshop fee not refundable, but workshop booking is not personal

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## **Transmitting the Wisdom of Ashtanga Yoga**

***After meeting Shri K. Pattabhi Jois in Mysore in 1982, Graeme dedicated the next 20 years of his life to receiving the direct teachings of traditional Ashtanga Vinyasa Yoga from Guruji, attaining certification to teach Primary to Advanced Series.***

***More than 35 years of self-practice, exploration, evolution and insight have refined Graeme's gift for transmitting the essence of Ashtanga Yoga with clarity and humour.***

***Leonie lends further support and depth to this teaching, sharing 32 years of her own Ashtanga experience, combined with a wealth of various body-mind-spirit modalities.***

***These workshops focus on developing practice as a safe, effective discipline for transformation, through the understanding of alignment, stability and the attitudes that help access deeper states of awareness and relaxation***

**PROFILES: Graeme** is a Senior Certified Ashtanga teacher, qualified by Shri K. Pattabhi Jois. His wealth of knowledge and direct experience, combined with the passion, understanding and depth of wisdom he embodies, are tribute to 35 years of dedicated practice and study in Ashtanga Yoga.

Graeme trained professionally as a Registered Nurse, working in the fields of psychiatric and hospice nursing. Further studies and research into the western science approach to health and fitness have given him a practical grasp of anatomy and physiology, with qualifications in Massage and Personal Training.



**Leonie** shares her experience of 31 years as an Ashtanga Yoga practitioner and encourages the integration of self-practice into daily life, especially for developing awareness and communion between body, heart, mind and nature. Her background includes Tai Chi, Qi Gong, nursing and naturopathy. 'Wisdom Body' is her own approach to balance and healing through movement.

Two important modalities that influence Graeme & Leonie's daily lives and outlook are Sumarah Meditation; the Javanese approach to 'The Path of Surrender' through guided meditation, and Joged Amerta Movement, a body/mind/nature-based movement practice.

**Graeme and Leonie** live in the Nambucca Valley on the east coast of Australia and have co-founded 'Prana Ridge', a conscious living project. They love spending time on the land, connecting with Mother Earth while implementing principles and practices of permaculture, organics and resourceful building to create a unique retreat with the view to Healing our Earth, Healing our selves, Healing each other.

[www.AshtangaYogaChikitsa.com](http://www.AshtangaYogaChikitsa.com)

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**STOCKHOLM,**  
**LILA LOTUS YOGA AND MASSAGE,**  
[www.lilalotus.se](http://www.lilalotus.se)

**Studio Lilla Paris på Odengatan 39 4tr**

**April 28 to May 1 – Weekend Intensive + 2 Morning Self-Practice Classes 300€**

Saturday & Sunday:

08.00 Morning Meditation,  
09.00-11.00 Informative Led Class  
11.00-12.00 Lunchbreak  
13.00-15.00 Afternoon Focus Workshop

Monday & Tuesday:

08.00-10.00 Morning Self-Practice

**BROMMA**

**Om Shanti – Yoga & Pilates in Bromma**

[www.omshanti.se](http://www.omshanti.se)

**May 5 to 7 – Weekend Intensive + 1 Morning Self-Practice Class 275€**

Saturday & Sunday:

08.00 Morning Meditation,  
09.00-11.00 Informative Led Class  
11.00-12.00 Lunchbreak  
13.00-15.00 Afternoon Focus Workshop

Monday:

08.00-10.00 Morning Self-Practice

# WORKSHOP with Graeme & Leonie Northfield from AUSTRALIA



28/4 – 1/5 2018 i STHLM, Studio lilla Paris, Odengatan 39

5/5 – 7/5 2018 i Bromma, OmShanti

## SCHEDULE

Saturday & Sunday

08.00 meditation

09.00-11.00 informative led class

13.00-15.00 afternoon focus workshop

Monday & Tuesday

08.00-10.00 morning self-practice class

## PRICE

Sthlm ws 300€

Bromma ws 275€

Both workshops 550€

For more info/registration contact: [cecilia-olsson@hotmail.com](mailto:cecilia-olsson@hotmail.com)

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