

Graeme and Leonie Northfield workshop

STOCKHOLM THE 28th OF APRIL – 1st OF MAY 2018

BROMMA THE 5th – 7th 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 will be held at Studion Lilla Paris at Odengatan 39 and cost 325€

Bromma workshop will be held at OmShanti at Åhlstensgatan 8 and cost 275€

If you join both the workshops the cost will be 550€

To sign up , email your name, mobile number and home adress to cecilia-olsson@hotmail.com

After confirmed booking, the payment should be done to keep your spot at the workshop.

Workshop fee not refundable, but workshop booking is not personal

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.

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 self transformation, through the understanding of alignment, stability and the attitudes that help access deeper states of awareness and relaxation

**STOCKHOLM,
LILA LOTUS YOGA AND MASSAGE**

www.lilalotus.se

April 28th to May 1st

– Weekend Intensive + 2 Morning Self-Practice Classes 325€

Studio Lilla Paris på Odengatan 39 4tr

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

May 5th to 7th

– 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

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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 325€

Bromma ws 275€

Both workshops 550€

For more info/registration contact: cecilia-olsson@hotmail.com
