

GRAEME & LEONIE NORTHFIELD WORKSHOP IN STOCKHOLM

30th OF APRIL – 3rd OF MAY 2015

The weekend will give focus to “Exploring Strength”

Minimising injury and increasing the enjoyment of practice.

Exploring Alignment, Strengthening & Joint Stability and Deep Relaxation

Thursday 17.00 – 18.30:

Meet and Meditation (Bring mat, cushion and blanket)

Friday, Saturday & Sunday:

09.00 – 11.00 – Morning Led Primary Practices

11.00 – 12.00 Lunch Break

12.00 – 14.00: Afternoon Focus Workshops

THE WORKSHOP

Graeme and Leonie believe an essential insight of practice is to discover, as individuals, who we are and why we're here on Planet Earth; unveiling our unique gifts and developing the confidence to share these gifts for a greater good.

On a practical, physical level, it is important to understand how we achieve maximum benefits from our practice through increasing body awareness in alignment, joint stability, strength and flexibility. Also being aware of balancing the active/passive, masculine/feminine energies.

On deeper levels, it takes courage to look into ourselves and allow life to work on us in order to bring about change. Ultimately, we practice to heal ourselves and by raising our own vibration and consciousness through Yoga, we also play our part in the healing of the planet

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 33 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 29 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

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

After confirmed booking, payment of 250 € must be done to keep your spot at the workshop.

Workshop fee not refundable, but workshop booking is not personal.

After registration and confirmed booking payment should be done in EURO to:

(as an international payment)

IBAN: SE98 6000 0000 0000 5082 4449

BIC/MATIONELLT BANKID: HANDSESS

Bank name: HANDELSBANKEN

Reciever: CECILIA OLSSON

Please write participants name, email, address and phone number

For any enquiry, registration and bank details contact: Cecilia

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WELCOME!
