



Sunday 18th to Saturday 24th April 2010

NORTH STRADBROKE ISLAND or 'Straddie' as it is best known is the largest of the great sandy islands of Moreton Bay lying just off the coast of Brisbane. The spectacular beaches, headlands, lakes and environment provide an inspirational atmosphere for yoga practice.

THE WORKSHOP offers six morning Astanga Yoga self-practice classes, designed for meeting the specific needs and aims of each individual. Afternoon sessions on alternate days provide the opportunity for technical enquiry, pranayama and meditation. Arrival is Sun 18th April; first class Mon 19th 8am. Course completes after Sat 24th am class. The workshop is suitable for all levels - beginners are welcome!

Course Fee Aust \$450

ACCOMMODATION on STRADDIE is your own choice and arrangement. Options range from camping and cabins to a great variety of units and houses at Point Lookout. Check out the websites listed below for accommodation, ferries and island information. Our practice place is the Community Hall at Point Lookout (opp. the Bowling Club). Cylinders, Deadman's and Home Beaches are all within walking distance.

SUGGESTED WEBSITES

Real Estate Agents: www.straddie.info; www.raywhitestraddie.com; stradbrokeisland@rhq.com.au

Accommodation: www.stradbrokeholidays.com.au

Camping: [Adder Rock Camping and Cabins](#) - www.straddieholidayparks.com.au

Ferries: www.stradbrokeferries.com.au; www.seastradbroke.com

FURTHER ENQUIRIES

graemeandleonie@gmail.com

www.absoluteastangayoga.net