



Sunday 19th April – Friday 1st May 2009

NORTH STRADBROKE ISLAND or 'Straddie' as it is best known is the largest of the great sandy islands of Moreton Bay and lies just off the coast of Brisbane. The spectacular beaches, headlands, lakes and environment showcase nature at its breathtaking best!

THE WORKSHOP offers 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 Sunday 19th April, first class is Monday 20th at 8am and Sunday 26th is a free day.

Course completes after Friday 1st morning class.

The workshop is suitable for all levels - beginners are welcome!

Course Fee A\$850

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