



Workshop with Luke Jordan

April 24th–29th 2022

ASHTANGA YOGA ALCOBENDAS

We are delighted to organize a Mysore week practice with Luke Jordan, one of the few certified ashtanga teachers in the world. The workshop will take place in our shala in Alcobendas, in the residential area of La Moraleja, 12 km from the center of Madrid. Ashtanga Yoga Alcobendas is a traditional ashtanga room, inside our family home which will offer a warm and cozy ambient for the workshop.

At the moment we are offering two shifts of about 15 people each:

FIRST SHIFT STARTING 06:00

SECOND SHIFT STARTING 07:30

You can arrive 15 minutes before the start of your shift.

At the end of the second shift, approximately at 09:30 Luke will be leading a vedic chanting session.

How to book a spot

To book your spot please send an email to:

anna@ashtanga-yoga-alcobendas.es

You will receive all the details for payment and reservation.

Spots will be allocated by order of payment until fully booked.

Price: 150 Euros

It's not possible to do drop-in classes.



How to reach the shala



- By car is the easiest way. Parking is free in the area.
- Uber, Cabify or general Taxi are available in the area
- Underground "La Moraleja"
- Bus 155 from the city center (Plaza Castilla) but won't reach the area before 7 am

www.redtransporte.com/madrid/autobuses-interurbanos/155-madrid-alcobendas.html

Where to stay

El Soto de la Moraleja is a residential area so finding a cheap place to stay is not going to be very easy. You can check AirBnB options or

Hotels:

- La Moraleja
- Alcobendas
- San Sebastian de los Reyes
- Las Tablas, Sanchinarro

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SOTO DE LA MORALEJA-ALCOBENDAS-MADRID