

Ashtanga Yoga workshop with
EOIN McCARTHY
in Paros, Greece

4-16 September 2011

Set on an idyllic island with the Aegean sea right at your doorstep, this 13-day workshop is geared towards practitioners of Ashtanga Vinyasa Yoga and anyone with a genuine interest in developing their yoga practice. Participants must be familiar with the traditional Ashtanga primary sequence. Please note that this workshop is not suitable for complete beginners.

Mornings will begin with meditation followed by either a Mysore or led class. Afternoons will cover questions about the practice or meditation, basic pranayama and practice techniques. Depending on the make-up of the group, the nature of these afternoon sessions may change. Not all days will have afternoon sessions. A specific timetable will be announced during the workshop.

About Eoin McCarthy

Eoin McCarthy is a long standing, dedicated and vastly experienced Ashtanga yoga and meditation teacher. Born in Ireland, he is currently based and teaches in Melbourne, Australia. He has travelled extensively throughout the world studying with many of the leading Ashtanga yoga teachers and has served an apprenticeship with Graeme Northfield for several years. He has worked as a traveling yoga teacher, conducting workshops throughout Europe and Asia.

Eoin is a convert to Buddhism and is a long-time Vipassana meditator. His teaching methods are heavily influenced by Buddhism and far-eastern philosophy, especially Taoism.

For more information, please visit
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or contact Tracy or Reg via email at
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yoga + meditation

