

Ashtanga Vinyasa Yoga

With
Chuck Miller
at
Ashtanga Yoga Paris
Easter Weekend - April 6 – 9, 2012.



Chuck Miller has been practicing yoga earnestly since 1971 and finally learned Ashtanga Yoga from Sri K. Pattabhi Jois in 1980. Studies with Pattabhi include numerous extended and familial encounters in America and nearly 2 years during 7 trips to Mysore, South India.

Chuck enjoys teaching with a focus on the wholistic nature of Ashtanga Yoga, teaching it as both a philosophical system as well as a strong practical method. Chuck is known for his gentle but deliberate hands-on adjustments which are both reassuring and challenging.

Teaching since 1988 Chuck was Director of Ashtanga Yoga and was a co-owner of the original Yoga Works in Santa Monica, CA, for over 16 years. See his website: www.chuckandmaty.com

For registration or details about the workshop contact:
info@ashtangayogaparis.fr www.ashtangayogaparis.fr

Price:
Early Registration-
50% deposit paid before March 1st -
255 euros for the whole workshop or
205 euros for six sessions or
40 per session

Late Registration –
50% deposit paid after March 1st -
270 euros for the whole workshop or
230 euros for six sessions or
45 per session

Friday 10h00 – 12h30

Led Primary Series as Informational Workshop

This class will be the classic, traditional Ashtanga series taught in a spirit of an informational workshop. The intent is to not merely go through the practice like we are performing a concert, but rather like we are an orchestra rehearsing for a big performance! Classic Ashtanga Yoga principles will be explained and the philosophy and practice used to support each other.

The focus will be on re-enforcing the Essential Principals and Universal Actions needed to practice intelligently and safely in all asanas. Sama, Vinyasa, "Breath Roots Core" will be a dominant theme.

Friday 14h00 – 17h00

Surya Namaskara and Gayatri Mantra

We will spend some time going into finer detail on the very import postures of both Surya Namaskara A and B. We will leave enough time to have an experience of practicing Surya Namaskara with internal recitation of Gayatri Mantra, a practice indicated by Pattabhi Jois in a theory class in the 1980s.

Saturday 10h00 – 12h30

Led Primary Series as Informational Workshop

Chuck will continue on the same theme as Friday, re-enforcing the Essential Principals and Universal Actions needed to practice intelligently and safely in all asanas.

Saturday 14h00 – 17h00

Hands-on Adjustments

We will use the practice of Hands-on adjustments to bring more consciousness to our practice. In order to give a good adjustment you need to understand the correct alignments and actions. This will build on the Universal Actions and Essential Principals from prior workshops.

I have a love of giving hands-on adjustments; Having learned from assisting Pattabhi Jois for many years during his international tours in the 80s and 90s as well from studying with many of the Senior Iyengar instructors.

Sunday 10h00 – 12h30

Mysore Practice

Mysore Style is self-paced in a group environment. Prior experience in this style is recommended but not absolutely required. A willingness to learn can substitute for experience. It is recommended that students take the prior 2 "Led Classes" to be current with the intentions presented in these workshops. It is not my intention to just watch students go through the practice in the normal way. Think of this as a "Mysore Workshop" rather than merely as a Mysore Practice session!

Sunday 14h00 – 17h00

Investigating the Standing Poses

These poses are the foundation of all other postures. They are very therapeutic and helpful to clear the way to more subtle work. It is helpful to look closer at them as we practice them every day!

Monday 10h00 – 12h30

Mysore Practice

Put into practice all the new and inspiring techniques you have learned!

Monday 14h00 – 17h00

Working with Common Injuries

There are certain injuries that are all too common in yoga and certain of them in particular are common in Ashtanga Yoga. My idea is that this is begging us to look closer and see why that is so and what we can do to prevent them.

Patanjali says in the 2nd chapter "Suffering Can and Must be Avoided!" Heyam Duhkham Anagatam! Sutra 2.16

We will use the Universal Actions and the Essential Principals to cultivate a more healing and therapeutic mind set in our practice!

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NOTE: None of the workshops will be at our shala. The locations will be as listed below.

Program:

Friday 10h00 – 12h30 Led Primary Series as Informational Workshop
Micadanse, Studio May B (MB), 15, rue Geoffroy l'Asnier 75004 2^{ème} sous - sol code porte 0612
Friday 14h00 – 17h00 Surya Namaskara and Gayatri Mantra
Micadanse, Studio May B (MB), 15, rue Geoffroy l'Asnier 75004 2^{ème} sous - sol code porte 0612
Saturday 10h00 – 12h30 Led Primary Series as Informational Workshop
Micadanse, Studio May B (MB), 15, rue Geoffroy l'Asnier 75004 2^{ème} sous - sol, , code porte 0612
Saturday 14h00 – 17h00 Hands-on Adjustments
Micadanse, Studio May B (MB), 15, rue Geoffroy l'Asnier 75004 2^{ème} sous - sol, code porte 0612
Sunday 10h00 – 12h30 Mysore Practice
Théâtre de la Danse 77 rue de Charonne, 75011, 2^{ème} étage sur la droite (note : **rue** NOT blvd Charonne), code porte 1962
Sunday 14h00 – 17h00 Investigating the Standing Poses
Théâtre de la Danse 77 rue de Charonne, 75011, 2^{ème} étage sur la droite, code porte 1962
Monday 10h00 – 12h30 Mysore Practice
Micadanse Studio Noces (N), 20, rue Geoffroy l'Asnier 75004, Fond de cour RDC gauche, Code porte : 2495
Monday 14h00 – 17h00 Working with Common Injuries
Micadanse Studio Noces (N), 20, rue Geoffroy l'Asnier 75004, Fond de cour RDC gauche, Code porte : 2495

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205 euros for six sessions or
40 per session

Late Registration – 50% deposit paid after March 1st -
270 euros for the whole workshop or
230 euros for six sessions or
45 per session

Priority goes to those signing up for the whole workshop.

**Please complete and mail with 50% deposit to (checks payable to “Ashtanga Yoga Paris”):
The remaining 50% can be paid in cash at the workshop or by check before March 19th.**

Ashtanga Paris +33 (0)1 45 80 19 96
5 rue Morand www.ashtangayogaparis.fr
75011, Paris info@ashtangayogaparis.fr

Name : _____

Address : _____

Telephone : _____

E-Mail : _____

Indicate what you are registering for below & the amount you are enclosing.

All Yoga Sessions for Early Registration (by March 1st)

All Yoga Sessions for Late Registration (after March 1st)

Individual Yoga Sessions – List which sessions you are signing up for:

Only half of the deposit will be returned 21 days before the workshop. Deposit non-refundable 14 days before workshop. An admin fee (10-20 euros depending on the country) will be deducted for return of payments made by bank transfer.
For any questions contact Linda Munro or Gerald Disse. Please sign and date in acknowledgement of the cancellation policy above.