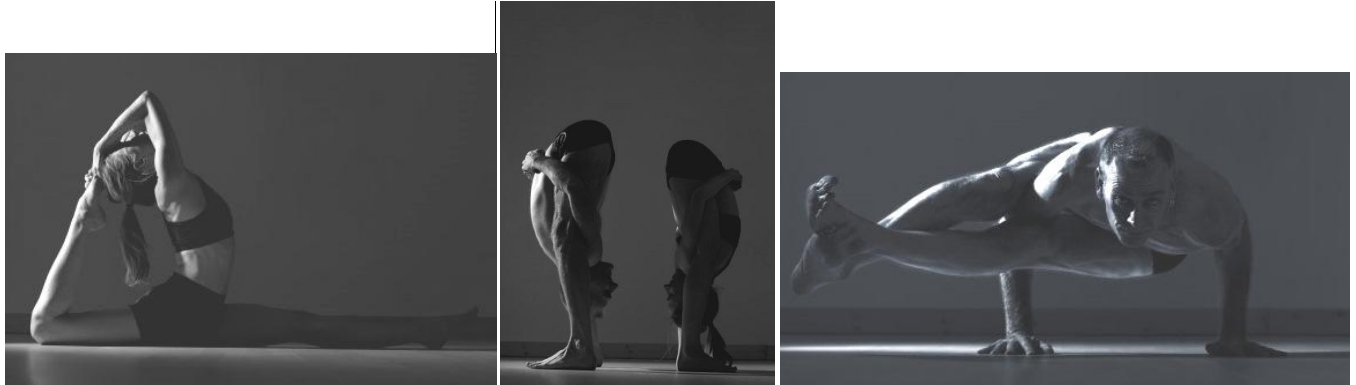


Ashtanga Yoga Paris New Years in INDIA

with



Gérald Disse & Linda Munro

December 26th – January 2nd

Where: Auroville, Pondicherry, South India

Program:

Sunday, December 26th, meet & greet tea time at 15:00

Monday - Sunday, December 27th – January 2nd:

10:00 – 10:30 Kriyas & Pranayama

10:30 – 12:00 Mysore practice or Intro to Developing Self Practice

12:00 – 13:00 break

13:00 – 15:00 Asana Technique

15:00 – 15:30 tea break

15:30 – 16:30 Lecture & Questions

On December 31st there will only be a morning session and on January 1st there will only be an afternoon session.

Program Details:

Kriyas & Pranayama- During this session you will be introduced to different yogic practices and breathing techniques to purify the body and the mind. You will come away from this week with a daily routine in which we encourage you to continue on your own once this week of intensive yoga practice is finished.

Mysore practice or Intro to Developing Self Practice- For those who already have a Mysore practice, you will do your self-practice under the guidance of Gerald & Linda. For the others, you will be given the tools to develop your personal practice.

Asana Technique- Each day a different topic will be explored in order to move deeply into the understanding of these groups of asanas. You will learn how to work safely and intelligently while getting through some “road blocks” in certain postures. Tuesday: Chaturanga & Working with the Core; Wednesday: Finding Balance in Standing Positions; Thursday: Refining Vinyasa & Jumping; Friday: Bhujapidasana & Kurmasana; Saturday: Back bending based on Second Series for all levels; Sunday: Finishing Sequence.

Lecture- Each afternoon we'll choose a topic of yogic discussion in order to expand your knowledge of the entire spectrum of yoga. Tuesday: Dynamics of Breathing; Wednesday: Building Practice with Bandhas; Thursday: The Eight Limbs of Ashtanga Yoga; Friday: Chakras and the Energetic Body; Saturday: Chakra Meditation; Sunday: Open Question & Answer

Cost of workshops only: 400 euros if 50% deposit paid by November 15th, 430 euros from November 16th. Or, 40 euros per morning or afternoon.

The intensives are open to all levels of practitioners except complete beginners. It will be held in English.

About Gérald:

Gérald has been practicing yoga for over 19 years. He discovered Ashtanga Vinyasa Yoga in 1991 with Sri K Pattabhi Jois in Mysore, India. He spent 8 years traveling to Mysore spending 4 – 6 months per visit to learn more of the system, then going off to some other exotic location to practice daily what Gurujii had taught him. Gérald was taught up to the third series and was one of the first French students to have been personally authorized to teach by Sri K Pattabhi Jois. As he had learned directly from the Guru at a time when there were not so many yoga students in Mysore, he started to give workshops around the world. He gave Ashtanga workshops in Australia, New Zealand, and around the USA and Europe.

In addition to his Ashtanga yoga practice, Gérald has done extensive stays in Vipassana silent meditation centers in India and Australia and continues to cultivate a meditation and pranayama practice.

During his travels he visited Auroville, an international spiritual community in Tamil Nadu, South India. He related with the place immediately. It was a way for him to remain connected to the spirituality of India and also still have connection to the west, so he decided to build a house and a yoga shala and become a part of the Auroville community. Gerald spent 5 years there teaching daily Ashtanga Mysore style classes in between his workshops around the world; until 2004 when he decided, after being away for 17 years, to move back to France. Gérald is now settled in Paris where he has founded a beautiful community of yoga with Linda and their children.

Gérald has also studied with Manju Jois, Pattabhi Jois' son and Kausthub Desikachar, the grandson of Krishnamacharya. As well, he has studied extensively with Ron Reid and Marla Meenakshi Joy. He continues his yoga studies in asana, pranayama, Sanskrit and Indian philosophies.



About Linda:

Linda was first introduced to yoga in 1996 in Toronto, Canada with Ron Reid and Diane Bruni. She had been in a car accident in 1995 and was in physical therapy when she became interested in yoga as a way to compliment the therapy. Soon after she realized that the yoga would be a life time practice. A practice of asana, pranayama and meditation but also a practice of being truthful, a practice of being kind, a practice of being fearless, peaceful and happy. She believes that the practice of “yoga” is continuous; the practice does not stop when you roll up the yoga mat. The practice of yoga includes the way you live your life, the way you relate to your family, friends, co-workers and to the strangers on the street. This is the lifelong practice of developing yogic awareness.

In 1997 she moved to New York City with her work in the fashion business while continuing a daily ashtanga practice studying under Eddie Stern. The year 2000 brought her to Paris, France.

After thirteen years in the world of fashion she decided it was the time to move fully into the direction she had been moving since her first yoga class. She felt a strong desire to strive to give to others what her teachers have given to her; so she started teaching yoga as her own study and practice continues. Gerald and Linda opened Ashtanga Paris in February 2004. She studies yogic scriptures and philosophy, having completed a 250 hour study program of Patanjali's Yoga Sutra, she now continues with the Bhagavad Gita under the supervision of Georg Feuerstein.

Linda's completed teacher trainings with David Swenson, Mark Darby and two with Ron and Marla. In addition she has studied with Sri K Pattabhi Jois in Mysore and TKV Desikachar and Kausthub Desikachar, the son and grandson of Krishnamacharya.

She considers Ron Reid and Marla Meenakshi Joy her primary teachers from a far. And her husband, Gerald, along with their two young children, Amaya and Jonathan, her primary daily yoga teachers!

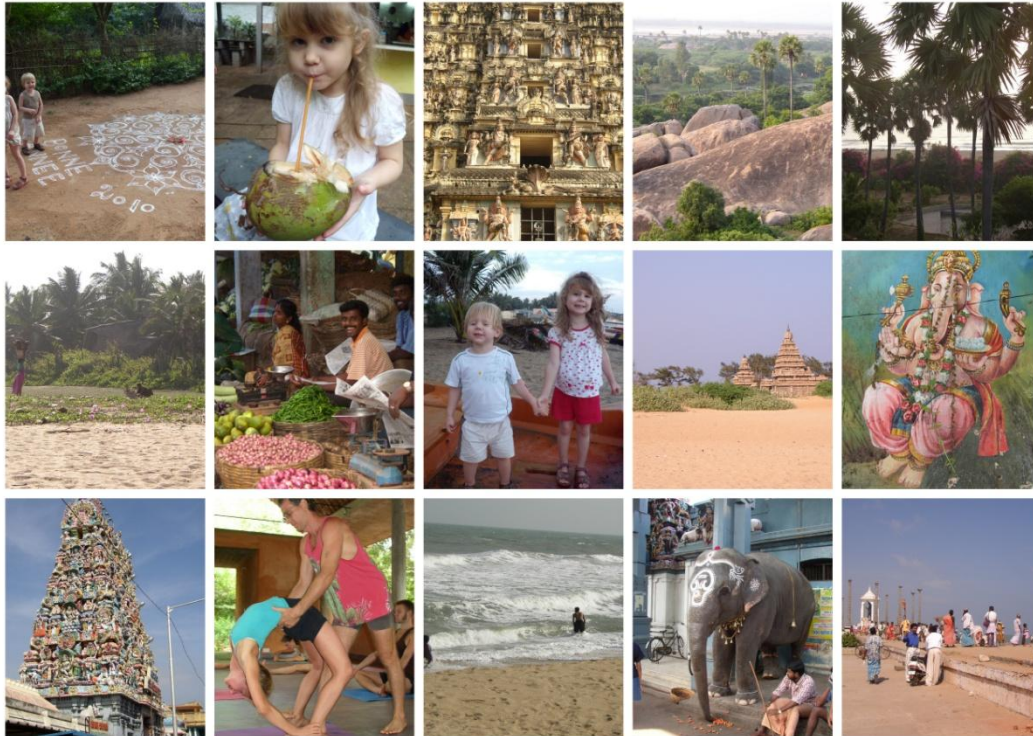


About Auroville:

This is where Gerald lived and taught Ashtanga for 5 years. We still visit as often as possible as it is a great place to relax and get our annual taste of India. It is a universal town, established in 1968 and is inspired by the teachings of Sri Aurobindo and The Mother. It is located 15 minutes by motor vehicle north of Pondicherry and 3 hours south of Chennai (Madras). The community is an ongoing experiment in human unity and sustainable living. It has a rural ambience and its climate is subtropical. For more information please visit: www.auroville.org/comingtoav.htm

Day trips can be made to neighboring tourist sites: Mahabalipuram, Chidambaram, Tiruvannamalai.

Some Photos from Our Trips:



Accommodation in Auroville:

We recommend the following places (be sure to book in advance as many are fully booked during December, the high season):

Quiet Healing Center: On the beach, nice rooms, a bit more pricey than other guesthouse in AV, spa-like setting with a variety of healing modalities to experiment with, 10 minutes drive from yoga classes.

Afsanah Guesthouse: Set in a beautiful garden in the forest of Auroville, more expensive than most guesthouses in Auroville, 15 minutes drive from yoga classes.

New Creation: Easy-going, affordable, good location in reference to classes, shopping, and dining, located 3 minutes drive from Ashtanga Yoga Auroville.

Gai's Garden: Beautiful place, middle priced, 5 minutes drive from yoga classes.

Rathinam and Rajaveni Guesthouse: apartment style guesthouse in a traditional Tamil home, short walk from yoga classes.

*For a full listing of accommodations, prices, and contact information please visit: www.aurovilleguesthouses.org

*Further information about accommodation can be obtained from the Auroville Guest Service at avquest@auroville.org.in or (91) 413 262 2704

Ashtanga Yoga Paris
New Years in India
with
Gérald Disse & Linda Munro
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Cost of full workshop, with deposit paid by November 15th : 400 euros
Cost of full workshop, with deposit paid after November 15th : 430 euros
Individual mornings or afternoons: 40 euros

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 December 5th.

Ashtanga Yoga Paris
5 rue Morand
75011, Paris

+33 (0)1 45 80 19 96
www.ashtangayogaparis.fr
info@ashtangayogaparis.fr

Name : _____
Address : _____
Telephone : _____
E-Mail : _____

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

All twelve Yoga Sessions for Early Registration (by Nov 15th)

All twelve Yoga Sessions for Late Registration (after Nov 15th)

Individual Yoga Sessions

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.