

Deepen your Yoga Practice ~ Pranayama, Asana and Philosophy

With

Paul Dallaghan

at

Ashtanga Yoga Paris

January 22nd & 23rd, 2011.



Pranayama is a fine science and a subtle art, with very few who can teach it well or correctly. Paul, grounded at such a level, will introduce and advance Pranayama to students at a very comfortable level so it is manageable and possible to fit into one's day so you can keep up and really grow from it. For anyone who has touched on the practice you can expect to have it refined and deeply explained, both from a technical point of view in how to do it correctly and in a philosophical understanding of its place and purpose in one's internal development, as a direct path to meditation.

We will practice Pranayama both morning and afternoon. Newer students to Pranayama will be able to learn the basics and go home with a base practice. Students with a continuing practice will be assessed and help given to further their practice.

Paul will also lead the Asana sessions. It is not limited to only ashtanga vinyasa but anyone with a sound practice or looking for a clear base to form as an Asana practice. The key principles of Asana will be refined with special attention to bandhas, breath, drishti and the art of vinyasa. Paul has spent years in and out of India refining and advancing his Asana practice so he can now share it with all practitioners regardless of the style. The principles of Asana are universal and just need to be internalized through understanding and practice. With integrity and effort possibilities open up for everyone.

We will also have discussion sessions with Paul on both the practices and philosophy. Any questions you have are welcome.

Paul is a senior student of Sri O.P.Tiwari, one of the few remaining classical yogis and masters of pranayama. He has practiced pranayama for many years under Tiwariji's direct guidance which has led to deep insight and understanding of practice. Paul is also certified by Sri K. Pattabhi Jois in ashtanga vinyasa. He uses this as a base for intelligence in asana to be applied appropriately for the student. Paul continues with his regular routine of asana, pranayama and meditation on a daily basis and through love of the subject matter keeps up a keen study of the classical texts and scientific interpretations of what goes on in yoga.

Paul grew up in Dublin, Ireland. After completing his degree at Trinity College he was bound for New York where his life in yoga began. Since 2001 he has been in Asia between Thailand and India with a primary focus on practice and study. With his wife, Jutima, they opened Yoga Thailand and continue to enjoy living there. Especially since the arrival of two lovely sons, Sean and Dylan. He knows firsthand about raising a family, earning a living and keeping a sincere connection with practice and internal development. This practical experience and love of the subject matter he shares with joy, intelligence and humor.

Please visit www.yoga-thailand.com and www.centeredyoga.com for more details about Paul.

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



Program:

Saturday 12h00 – 17h00

Sunday 12h00 – 15h00

Price:

Early Registration- 50% deposit paid before January 1st -
80 euros for Saturday, 40 euros for Sunday, 110 for both days

Late Registration – 50% deposit paid after January 1st -
90 euros for Saturday, 45 euros for Sunday, 120 for both days

*Deepen your Yoga Practice
~ Pranayama, Asana and Philosophy*

With

Paul Dallaghan

at

Ashtanga Yoga Paris

January 22nd & 23rd, 2011.

Program:

Saturday 12h00 – 17h00

Sunday 12h00 – 15h00

Price:

Early Registration- 50% deposit paid before January 1st -

80 euros for Saturday, 40 euros for Sunday, 110 for both days

Late Registration – 50% deposit paid after January 1st -

90 euros for Saturday, 45 euros for Sunday, 120 for both days

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 8th.

Ashtanga Yoga 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.

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Both Yoga Sessions for Early Registration (by January 1st)

Both Yoga Sessions for Late Registration (after January 1st)

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.