



Ashtanga Yoga Paris

is pleased to announce six days of workshops
with their teachers

Ron Reid & Marla Meenakshi Joy

October 22nd – 27th 2010

Friday, October 22nd, 19:00 The Vital Breath- In this workshop we will explore the vital role that pranayama can play in our daily practice. We will investigate balancing, energizing, and cooling practices.

Saturday, October 23rd, 10:00 – 12:30 Yoga Jam: The Art of Sequencing- A workshop devoted to the spirit of improvisation. We will find new and exciting ways to energize our practice by exploring new variations and unique ways of combining them. See how the unexpected can yield exhilarating results.

Saturday, October 23rd, 13:30 – 16:00 Untying the Knots - Or, tying the knots...Some of the poses in the primary series can be a source of frustration for many students at all levels. In this workshop we will be looking at some of the poses that we find time and again are road blocks in our 1st series journey. We will look to untangle these poses in order to help students not only complete the pose, but also find ways in which to work on them (focusing on Kurmasana, Bhujapidasana, and Setu Bandhasana).

Sunday, October 24th, 10:00 – 12:30 It's all about the Spine- In asana practice, more than anything, the alignment of the spine should be our number one priority. In this workshop, we will be considering forward bends, twist and backbends from the perspective of spinal health.

Sunday, October 24th, 13:30 – 16:00 Awakening the Energy Body: An Intro to 2nd Series- Second Series can help to transform your practice from a physical, to a more energetic level! Poses from this series will not only help to counter balance asanas from the Primary Series but will also inform and evolve your daily practice. Learn the mechanics involved in practicing key Second Series poses. Avoid skimming the surface of these advanced asanas and learn what you need to know to work on them effectively, delving deeper with proper alignment, modifications and preparations. Whether you are interested in exploring some of these key postures, beginning or strengthening Second Series or integrating these poses into your existing practice, this workshop is for you!

Monday - Wednesday, October 25th, 26th & 27th, 7:30 – 10:00 Mysore / Self-Practice (All levels)- Mysore/Self-practice, first established by Sri K. Pattabhi Jois in Mysore, India, taught by Ron Reid and Marla Meenakshi Joy, includes in it a therapeutic component rarely found in other programs. By adapting the practice to each individual's needs we feel there is a greater opportunity for a pain-free practice. Combining asana alignment principles, and a healing touch (Meenakshi is a long-time Shiatsu therapist), as well as detailed information about mis-alignment that could lead to injuries, this aids in "informing" the "form" of the series. Our pledge to our students is that you will always be treated with kindness, respect and intelligence.

Monday - Wednesday, October 25th & 26th, 11:30 – 14:00 Hands-On Adjustments /Enhancements- Learn the main principles in giving correct, alignment-based adjustments to your students. An adjustment needs to be effective, safe, and "enhance" the quality of breath, alignment and experience of the asana to the practitioner. In this workshop we will cover how to support a grounding approach to each pose (giving the "counter" adjustment), nourish the opening of the pose, and bring back a sense of trust and safety to the art of the hands-on approach. Monday's topic Hands-on Adjustments / Enhancements for Sun Salutations and Standing Poses. Tuesday: for Standing Poses (carried on) and Sitting Poses. Wednesday: for Sitting Poses (carried on) and Finishing Poses.

About Ron Reid:

Ron has been practicing Yoga for over 30 years and teaching since 1988. He is co-owner and Director of the Downward Dog Yoga Centre in Toronto, Canada (www.downwarddog.com)

Ron has studied with Sri K. Pattabhi Jois and Sharath both in India and North America and was one of the first Canadian teachers to be authorized by Pattabhi Jois. In addition to regular classes at Downward Dog, he conducts workshops and teacher trainings in Canada, the U.S., Europe, the U.K. and Asia.



Ron is one of Canada's top teachers, approaching teaching in an inspired, informed and non-dogmatic way. He places the needs of the students ahead of the demands of the practice. While continuing to teach and practice the ashtanga vinyasa system as a foundation, he endeavors to blend tradition with innovation, and to balance precision with grace. Students will find his refined approach to practice both challenging and rewarding.

Ron is also an accomplished musician and composer and performs with his partner Marla Meenakshi Joy under their group name "Swaha" (www.swaha.ca)

" Ron teaches with intelligence. His adjustments suit the individual needs of the students. I personally found his adjustments were the best I have received from any teacher. I have very high regard for him as an exceptional teacher."
-Elizabeth Connolly, Yoga Teacher and teacher trainer

" When I think of a yogi, I think of Ron Reid. He teaches from what he has learned from his many years of practice, you can feel that. Even if you've been practicing for years and years he makes you feel curious and excited about yoga through his soft-spoken, humorous and extremely intelligent way of teaching. He knows the body and how it works and he teaches you how to keep it healthy. At the same time his classes are challenging and hot. He makes you want to move to Toronto!!"
-Kristin Leigh, yoga teacher and co-owner of The Shala yoga studio in New York.

About Marla Meenakshi Joy:



Meenakshi first traveled to India in 1988 to study meditation and the philosophy of the Vedas with Swami Shyam, as well as other learned scholars in the Himalayas. She is a Certified Meditation and Yoga Philosophy teacher from the International Meditation Institute in Kullu, Himachal Pradesh, Himalayas.

She currently teaches Ashtanga Yoga, Swaha Yoga, Restorative Yoga, Yogadance, Meditation, Yoga philosophy, Sanskrit, and Chanting privately and in yoga studios in Canada, the U.S., the UK, Europe and Asia. She has been teaching Sanskrit and yoga philosophy in Teacher Training courses since 1999, in Toronto and abroad, and is a Yoga Alliance Certified teacher.

She has been a practicing Shiatsu Therapist since 1993, and has a healing and informative touch. She also leads Kirtan (call-and-response chanting) with her band SWAHA, with inspired musical compositions with her partner/keyboardist, Ron Reid. She has produced four CD's of Sanskrit chanting entitled "Prayer's", "Salutations", "Vishnu's Dream", and "Bolo!" www.swaha.ca

"(Meenakshi)...Nothing short of a shower of blessings to be in her presence. Her teachings are full of light and wisdom generated from lifetimes of divine devotion. With a natural inner cadence, Meenakshi's voice carefully guides you through asana sequences, while subtly setting your mind adrift into deeper peaceful contemplation. By far the best savasana experience as she chants you into a state of final transcendence."-Samantha McDonald, yoga teacher, writer

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Six Day Intensive Workshops
with
Ron Reid & Marla Meenakshi Joy
October 22nd – 27th 2010

Costs with registration and 50% **deposit paid by** September 30th:

Full workshop (11 sessions): 330 €
6 – 10 sessions: 30 € per session
5 sessions: 150 €
1 – 4 sessions: 35 € per session

Costs deposit paid **after** September 30th:

Full workshop (11 sessions): 360 €
6 – 10 sessions: 33 € per session
5 sessions: 165 €
1 – 4 sessions: 40 € per session

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 October 15th.

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.

Amount Enclosed for Yoga Sessions for Early Registration (by September 30th): _____ €

Amount Enclosed for Yoga Sessions for Late Registration (after September 30th): _____ €

Indication which dates and times you will participate in:

Friday evening
Saturday morning
Saturday afternoon
Sunday morning
Sunday afternoon
Monday early morning
Monday late morning
Tuesday early morning
Tuesday late morning
Wednesday early morning
Wednesday later morning

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.