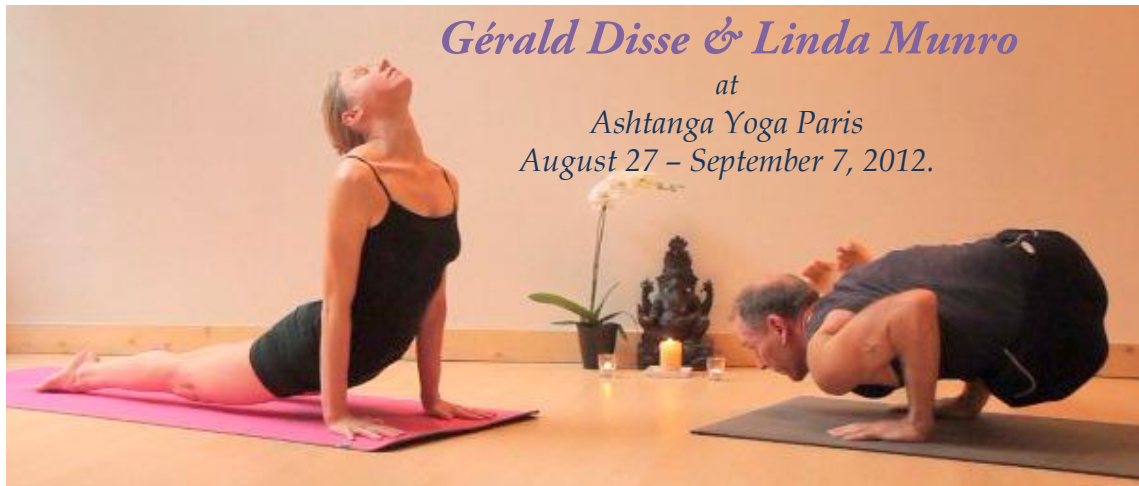


# Ashtanga Vinyasa Yoga Summer Intensive with



*Gérald Disse & Linda Munro*

at

*Ashtanga Yoga Paris  
August 27 – September 7, 2012.*

Improve your yoga practice and/or teaching skills in these 10 days of workshops with Gérald and Linda. The intensive is open to all levels of practitioners except those completely new to Ashtanga.

The general daily structure will be Monday to Friday from 9h30 to 17h30: With the morning beginning with pranayama and asana; the early afternoon with a lecture and theory; and the late afternoon with asana technique.

Exact hours:

Day 1 – 12h30 to 17h30 (ie: no morning session)

Days 2, 3 & 10 – 9h30 to 11h30 and 15h00 to 17h30 (ie: no early afternoon session)

Days 4 – 9 – 9h30 to 17h30

Over the course of the intensive the following topics will be covered:

- Pranayama – Affecting the Pranic Body
- Mysore practice
- Led practice going into detail to understand the building of the asanas
- Embarking On Second Series
- Open the Hips – Free the Spine
- Building Strength with Bandhas – Bringing the External to the Internal
- Pulling it all Together – Chaturanga
- Finishing Sequence - Taking care of the neck
- Performing, Understanding, Adjusting & Teaching the Hurdles of Primary Series
- Yoga is Balance – Finding balance in the body and the mind
- Chakra System
- Yoga Sutra Lectures on various topics



Price:

Early Registration- 50% deposit paid before July 15<sup>th</sup> - 790 euros for the whole workshop which totals 26 sessions & 57 hours or 395 for 5 days

Late Registration – 50% deposit paid after July 15<sup>th</sup> - 850 euros for the whole workshop or 425 for 5 days

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

### About Gérald:



Gérald has been practicing yoga for over 20 years and teaching for 14. 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.

Gérald has also studied extensively with Ron Reid and Marla Meenakshi Joy. In addition to his Ashtanga yoga practice, he is also a student of Sri O.P. Tiwari and is able to teach kriyas and pranayama. Gérald has done extensive stays in Vipassana silent meditation centers in India and Australia and continues to cultivate a daily 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.

### 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, and a 120 hour course on the Bhagavad Gita under the supervision of Georg Feuerstein. She now is one of his 10 mentoring students and continues studying the Sutras and the Gita under his guidance. She is also a student of Sri O.P. Tiwari and is certified to teach kriyas and pranayama.

Linda's completed teacher trainings with David Swenson, Mark Darby and two with Ron Reid and Marla Meenakshi Joy. In addition she has studied with Sri K Pattabhi Jois in Mysore, India as well as twice in New York City. She considers Ron, Marla, Tiwari and Georg her yoga teachers from a far. And her husband, Gerald, along with their two young children, Amaya and Jonathan, her primary daily yoga teachers!

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**Please complete and mail with 50% deposit to (checks payable to “Ashtanga Yoga Paris” or contact us for bank info for transfers):  
The remaining 50% can be paid in cash at the workshop or by check before August 15<sup>th</sup>.**

Ashtanga 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.

<input type="checkbox"/>
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Early Registration (by July 15<sup>th</sup>) total 790€ for entire workshop or 395 for 5 days

Late Registration (after July 15<sup>th</sup>) total 850€ for entire workshop or 425 for 5 days

**Cancellation Policy:**

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.