



# Ashtanga Vinyasa Yoga

With  
**Kino MacGregor**  
at  
Ashtanga Yoga Paris  
August 23 – 25, 2013.

Kino MacGregor is one of a select group of people to receive the Certification to teach Ashtanga Yoga by its founder Sri K. Pattabhi Jois in Mysore, India. The youngest woman to hold this title, she has completed the challenging Third Series & is now learning the Fourth Series. After seven months of traditional Ashtanga practice Kino traveled to Mysore, India to meet her true teacher, Sri K. Pattabhi Jois ("Guruji"). Upon her return she began real self-practice by practicing alone & devoting herself entirely to the study and teaching of Ashtanga yoga. After seven years of consistent trips to Mysore, at the age of 29, she received from Guruji the Certification to teach Ashtanga yoga and has since worked to pass on the inspiration to practice to countless others.

After spending a major portion of her life actively engaged in personal growth work, Kino returned to Miami Beach to create a space dedicated to the integration of yoga, holistic health & consciousness. In 2006, she & her husband Tim Feldmann founded Miami Life Center, where they now teach daily classes, workshops & intensives together. Miami Life Center is a community built around yoga, holistic health & consciousness [www.miamilifecenter.com](http://www.miamilifecenter.com). She has produced three Ashtanga yoga DVDs, an Ashtanga yoga practice card & a podcast on yoga. She is currently working on one more DVD & book about her personal experiences in yoga.

Kino is dedicated to carrying the torch of Ashtanga yoga throughout the world & sharing the amazing tradition of Ashtanga yoga with everyone who is inspired to practice. In her unique, inspirational & playful approach Kino helps all her students expand and deepen their understanding of yoga & life. Yoga found its expression through her message of spiritual strength, balanced flexibility & emotional peace.

As life coach and Ph.D. student in holistic health with a Master's Degree from New York University, Kino integrates her commitment to consciousness and empowerment with her yoga teaching. She has been featured in Yoga Journal, Yoga Mind Body Spirit, Yoga Joyful Living, Travel & Leisure Magazine, Ocean Drive Magazine, Boca Raton Magazine, Florida Travel & Life Magazine, Six Degrees Magazine as well as appearing on Miami Beach's Plum TV and the CBS Today Show.

See more about Kino on her site: [www.kinoyoga.com](http://www.kinoyoga.com)

For registration or details  
about the workshop contact:  
[info@ashtangayogaparis.fr](mailto:info@ashtangayogaparis.fr)  
[www.ashtangayogaparis.fr](http://www.ashtangayogaparis.fr)

Friday 16h00 – 17h30

### Understanding the Yoga Sutras: the Spiritual Journey of Asana

Yoga is a daily practice that demands our full devotion before we can begin to even scratch the surface of its deeper meaning as a lifelong spiritual path. Kino leads you through a discussion of key elements of the sacred, foundational text of yoga, The Yoga Sutras of Patanjali. Rather than a historical account Kino integrates yoga philosophy with daily asana practice and modern life. Written more than 2,000 years ago the teaching of Patanjali is composed of 195 Sutras organized in four books and holds the essence of the eight-limbed path of Ashtanga Yoga. By exploring the basis of physical yoga postures and methodology for spiritual learning in the Yoga Sutras you will delve deeper into the process of self-realization, the true intention of all hatha yoga.

Friday 18h00 - 20:00

### Twist Into Your Center

Deep twisting increases energy levels, cleanses the body and opens the mind to new levels of awareness. Find the perfect balance between activation and release in this new approach to twisting. Learn healthy technique to increase flexibility in your spine and shoulders while creating a solid foundation in your pelvis. Use the core strength of the body to support the twisting and extension. You will have fun with many levels of twists and even use the twisting position to enter some challenging arm balances!

Saturday 10h00 – 12h00

### Guided Full Primary Series

Kino will guide you through the primary series at a steady count.

Saturday 14h00 – 16h30

### Fearless Backbends

If you enjoy a challenge but think you are too stiff to ever bend your back then this is the perfect class for you. By understanding how to work your body in a safe way you will learn what it takes to really bend over backwards with no fear. The secrets of deep backbends are available to you through the integration of sound anatomical principles, healthy alignment techniques and intensely fun stretches. The dynamic movement mechanics of bending your spine are the key to limitless flows of energy and in this class you will begin to explore your natural potential to for deep backbends with safety, support and enthusiasm.

Sunday 10h00 – 12h00

### Mysore Practice

Self-practice for those who have already been initiated into this style.

Sunday 14h00 – 16h30

### Arm Balances for Everyone

Break a sweat while learning to safely balance on your hands, have fun while challenging yourself and gain access to your own inner strength. The magic of the arm balance is demystified and made approachable so that every practitioner who is not afraid to put in the work can feel the beauty of flight. When done correctly arm balances can build self-esteem, increase energy flow and heal old injuries. Every student will leave with proven techniques to safely build the structural support necessary for stability in all strength based postures.

Price:

Early Registration-

50% deposit paid before July 1<sup>st</sup> - 210 euros or 40 per session

Late Registration –

50% deposit paid after July 1<sup>st</sup> - 230 euros or 45 per session

Priority goes to those signing up for the whole workshop.

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Program:

Friday 15h00 – 16h30 Understanding the Yoga Sutras: the Spiritual Journey of Asana  
Friday 18h00 - 20:00 Twist Into Your Center  
Saturday 10h00 – 12h00 Guided Full Primary Series  
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**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 August 15<sup>th</sup>.**

Ashtanga Paris  
40 ave de la République  
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"/>
<input type="checkbox"/>
<input type="checkbox"/>

All Yoga Sessions for Early Registration (by July 1<sup>st</sup>)

All Yoga Sessions for Late Registration (after July 1<sup>st</sup>)

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.

**NOTE**

**The workshops with Kino will not be at our yoga shala they will be here:**

**TBA**