

Inspiring your Yoga Practice with Pranayama with Gérald Disse

*Ashtanga Yoga Paris
May 26, 27 & 28 2012.*

The technical term of pranayama actually means “the extension of the life force”. Paramahansa Yogananda says this about Prana: “Control of the senses is vitally linked to control of the prana or life energy in the body – an intelligent, electric-like medium whose instrumentality enlivens the whole human mechanism. Prana holds the key to the bodily dwelling and to its inner apartments of the brain and consciousness.” From God Talks with Arjuna, page 301.

Tiwari says: “To regulate the prana to use it in the best way; this is pranayama.” We access this prana through the fine science of breath control.

In these workshops Gerald will guide you through a pranayama practice which you can add to your daily morning yoga routine. These practices will slowly give you insights into the subtleties of the breath and its link with the mind and consciousness; eventually bringing stillness to the mind and control over the senses, leading the practitioner into a natural state of meditation.

For those already initiated into the Kaivalyadham lineage of pranayama, you will be given personal advice and help to further your practice.

Patanjali lists pranayama as the fourth limb of Ashtanga Yoga after asana (posture practice) and is highly



Gerald is a student of the pranayama master, Sri O.P. Tiwari from the Kaivalyadham School in Lonavla, India. He's been practicing this tradition of pranayama every day since 2007 and has been certified to teach.

Before discovering Tiwari, Gerald had studied pranayama from other teachers but he never felt the teaching was given from a long lineage of personal experience and he was therefore never convinced to bring pranayama in a big way to his daily routine. The method of Kaivalyadham introduces one to the pranayama in a safe and gradual way, building a personal practice for the individual. Thus one is able to feel positive effects quite quickly.

Programme:

Saturday 26 May, Sunday 27 May & Monday 28 May

9h30 – 10h45

(note the asana classes which normally begin at 10h30 will begin at 11h00 these days)

Prix:

20 euros pour une session

55 euros pour les 3 sessions

OU

Utiliser votre carte de yoga + 5 euros par session (il ne faut pas ajouter 5 euros si vous utiliser une carte de 10 cours)

For info or registration:

5 rue Morand

75011, Paris

01.45.80.19.96

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info@ashtangayogaparis.fr

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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):

Name:

Address :

Telephone :

E-Mail :

Indicate below the classes you want to attend :

Saturday

Sunday

Monday (jour férié)

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.

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