

Pranayama
with
Sri. O. P. Tiwari
at
Ashtanga Yoga Paris

April 13th – 17th, 2013.



We are honored to have the opportunity once again to introduce you to our kind and knowledgeable teacher!

Sri O. P. Tiwari is one of the most recognized and accomplished masters of yoga, its practice and its meaning. He is a humble man who doesn't try to prove anything, but with integrity sincerely passes on the thought and practice of Yoga in the traditional way. This is how he believes the practice is most fruitful.

Tiwariji has dedicated his life to the practice and teaching of yoga. For the past almost fifty years he has been head of The Kaivalyadham, a yogic research institute near Bombay, India. Established by his master, Swami Kunalayananda, in 1924, the institute has been a pioneer in scientific research related to yoga.

He was taught in depth by his master, and he accomplished all the practices. This puts him in the rare position of having practical experience as well as deep philosophical and scientific understanding. He is one of the few remaining masters of Pranayama in the world today.

Gérald Disse will be translating everything into French.

For registration or details about the workshop contact:

info@ashtangayogaparis.fr www.ashtangayogaparis.fr

Program

Saturday & Sunday, April 13th & 14th :
8h15 - 9h30 pranayama and pulse taking
Monday to Wednesday, April 15th – 17th :
7h15- 8h30 pranayama and pulse taking

Saturday to Wednesday, April 13th – 17th :
14h30 - 15h45 lecture and chanting
ॐ Pranayama: What it is & why bring it to our daily life?
ॐ Living the yoga: Patanjali's Eight Limbs of Ashtanga Yoga
 ॐ Living the yoga: Diet & Ayurveda
 ॐ Subtle practices: Concept of Kundalini
ॐ Introduction to the teachings of the Bhagavad Gita

16h15 - 17h15 pranayama practice

*There will be yoga asana classes available in the afternoons & evenings & a special card of 3 yoga classes for 35 euros or a week unlimited for 40 euros is available for workshop participants. See our website for the schedule:

www.ashtangayogaparis.fr/schedule.html

Price

Early Registration- 50% deposit paid before January 11th - 300 euros or 65 per day
Late Registration – 50% deposit paid after January 11th -335 euros or 70 per day

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Please complete and mail with 50% deposit to (checks payable to “Ashtanga Paris”):

The remaining 50% can be paid in cash at the workshop or by check before March 30th.

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.

Amount Enclosed for Pranayama Days for Early Registration (by January 11th): _____ €

Amount Enclosed for Pranayama Days for Late Registration (after January 11th): _____ €

Amount Enclosed for 3 Yoga Classes: _____ €

Amount Enclosed for one week unlimited Yoga Classes: _____ €

Indicate which days you will participate in:

Saturday
Sunday
Monday
Tuesday
Wednesday

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.