

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

March 7 – 9, 2012.



We are honored to have the opportunity 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 Kuvlayananda, 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.

Didier Mangou, one of Tiwariji's closest students, will be assisting and translating everything into French.

For registration or details about the workshop contact:

info@ashtangayogaparis.fr www.ashtangayogaparis.fr

Program:

7h15 - 8h30 pranayama and pulse taking

14h30 - 15h45 lecture and chanting

ॐ Prana: What it is & the effects of pranayama?

ॐ Living the yoga: Yamas & Niyamas

ॐ Achieving Mental Clarity: Removing the Obstacles based on the Sutras of Patanjali

16h15 - 17h15 pranayama

*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 7th - 180 euros or 65 per day

Late Registration – 50% deposit paid after January 7th - 200 euros or 70 per day

Priority goes to those signing up for the whole workshop.

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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 February 24th.

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 7th): _____ €

Amount Enclosed for Pranayama Days for Late Registration (after January 7th): _____ €

Amount Enclosed for 3 Yoga Classes: _____ €

Amount Enclosed for one week unlimited Yoga Classes: _____ €

Indicate which days you will participate in:

Wednesday
Thursday
Friday

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.