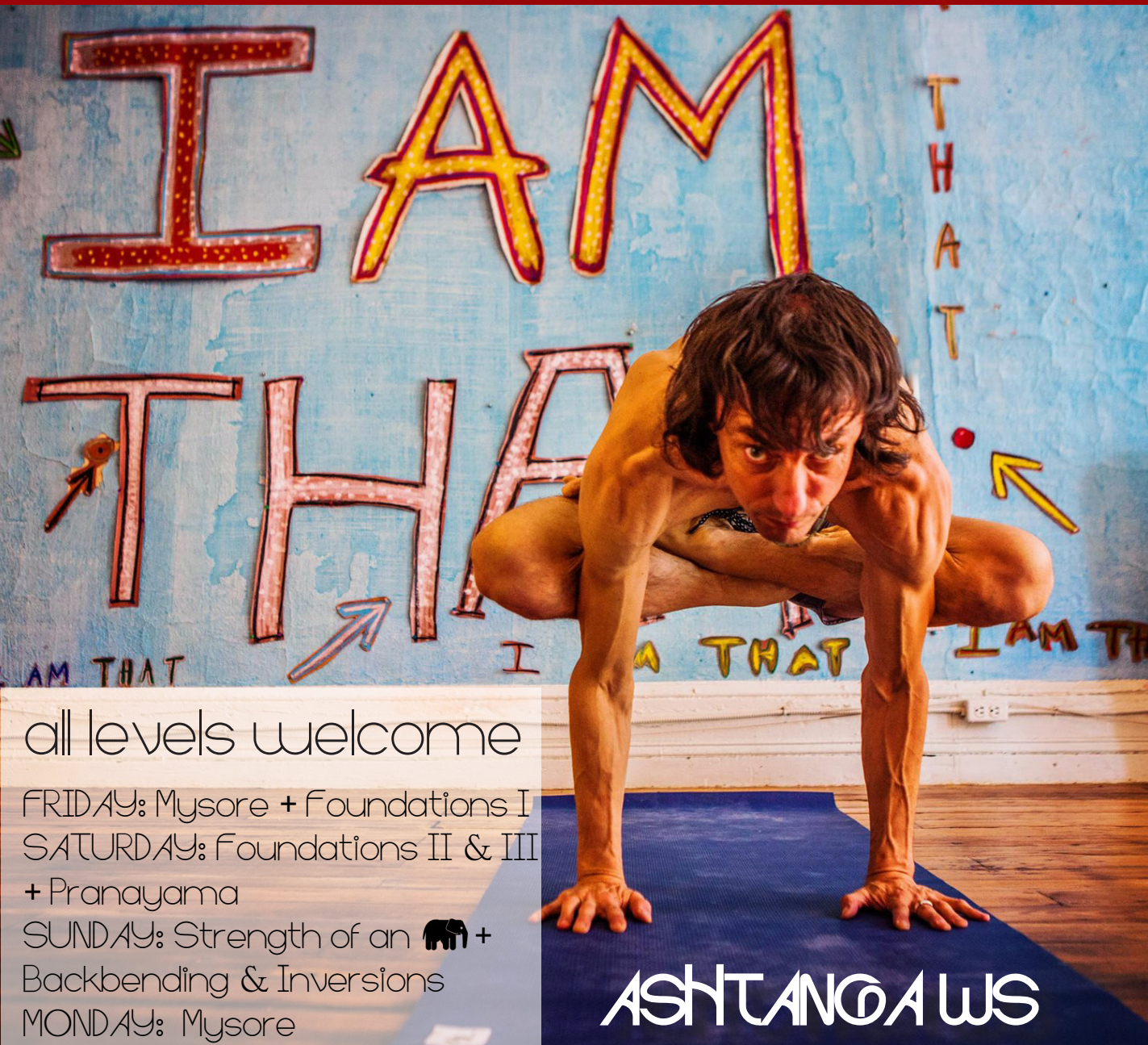




ASHTANGA YOGA PARIS



DAVID GARRAG  
SOMCINGUS

all levels welcome

FRIDAY: Mysore + Foundations I

SATURDAY: Foundations II & III

+ Pranayama

SUNDAY: Strength of an  +

Backbending & Inversions

MONDAY: Mysore

ASHTANGA WS

October 20th - 23rd 2017

This workshop is suitable for anybody with an established Ashtanga Yoga practice, experience of at least the 1st half of the Primary Series and a motivation to learn.

David is skillful in providing explanations of elusive, often unspoken aspects of the practice. In weekend workshop's, he offers clinic style led classes that investigate aspects of the practice that help students come to new perspectives on how to practice more intelligently, safely and joyfully.

Pricing:

All Workshops & Mysore:  
260€ early bird / 290€ normal.

Only Mysore Sessions:  
90€ early bird / 100€ normal.

Only Workshops:  
180€ early bird / 200€ normal.

Single Sessions (Mysore or Ws):  
50€ early bird / 55€ normal.



ASHTANGA YOGA PARIS

## \*\*\*SCHEDULE\*\*\*

Friday, October 20th

9:00 - 11:30 SEMI-PRIVATE Mysore class and pranayama session

Max. 25 students! Please bring with you, a small piece of paper with a few points about your personal practice. IE: the series you are working on, the pose you go up until, the poses you struggle with, any injuries.

18:00 - 20:00: WORKSHOP: Ashtanga Foundations I: The Five Allies in Surya Namaskara

We'll look at the 5 root techniques that form the internal practice of Ashtanga Yoga by carefully studying their application to the nine positions of Surya Namaskara. The root techniques, or allies include pranayama (conscious breathing), vinyasa (positioning), bandha's (locks), dristi (gazing), and dhyana (meditation).

We'll also explore how to internally connect the allies, and see how the creative interaction between them can help you to awaken the entire inner 'field' (ksetra) of consciousness.

Saturday, October 21st

9:00 - 11:30: WORKSHOP

Foundations II: Standing sequence

In this class we'll explore how cultivating a combination of dynamism and stability in the standing postures provides with the perfect means of entrance into the internal practice of Ashtanga Yoga. We'll explore the importance of using the feet, legs, and hips to create strength, stamina and concentration. You will understand better how the standing postures are an essential key to building a strong asana foundation.

Foundations III: Seated Postures and Dynamic Transitions of Primary Series

We will also explore the core asana's of primary series, learning how to better utilize the 5 allies to help you strategize your efforts. We'll also study the dynamic transitions between the asana's, carefully looking at how to create a better a jump back and jump through.

Developing these transitions breaks up the monotony of the repetition by giving you a thrill with each dynamic jump.

DAVID  
GERRARD

October 20th - 23rd 2017



\*\*\*SCHEDULE\*\*\*

11:45 - 13:15 WORKSHOP: Precision, Purification and Pranayama

This class is devoted to pranayama, chanting, and discussion of the central role breathing plays in attaining success in practice. This class will utilize breathing exercises, retention, and discussion to help you better centralize your awareness on breath during practice.

We'll discuss how cleansing is not limited to the tapas that you create during practice, but rather how purification is a central theme that encompasses all aspects of your life.

Sunday, October 22nd.

9:00 - 11:30 WORKSHOP - Strength of an Elephant: Intermediate Series Arm Balances and Inversions

Ashtanga Intermediate Series offers many excellent opportunities for building strength in new and different ways, offering an excellent complement to the primary series. We'll study new and unique ways to develop strength through cultivating intelligence and discipline in the transitions between asana's.

12:30 - 15:00: WORKSHOP: Backbending and Advanced Inversions

The combination of backbends and inversions is challenging and thrilling. This class will build upon the Second Series Arm Balances and Inversion class but now combine Backbending and Inversions. These postures require an understanding of how to align the body in the most basic positions in order to create proper form when working into more and more complex asana's.

Monday, October 22nd

09:00 - 11:30 SEMI-PRIVATE: Mysore class and pranayama session, maximum 25 students! Students get chance to apply teachings presented in the workshop to their practice. Please bring with you, a small piece of paper with a few points about your personal practice. IE: the series you are working on, the pose you go up until, the poses you struggle with, any injuries and any other points you find relevant, keeping in mind to keep it point form and short!



ASHTANGA YOGA PARIS

# DAVID GARRIGUES

## October 20th - 23rd 2017

**Please fill in and send with 50% deposit (check labelled to "Ashtanga Yoga Paris"):  
The remaining 50% can be paid at the workshop.**

Ashtanga Yoga Paris  
40 avenue de la République  
75011, Paris

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www.ashtangayogaparis.fr  
info@ashtangayogaparis.fr

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Telephone: \_\_\_\_\_  
E-mail: \_\_\_\_\_

### Price options

Please mark below:

Please indicate what you are registering for  
below:

#### Early bird registration (if deposit paid before August 1st 2017)

#### Normal registration (if deposit paid after August 1st 2017)

- All workshops and semi-private mysore: 260€
- Only semi-private mysore sessions: 90€
- Only workshops: 180€
- Single sessions (Mysore o WS's): 50€

- All workshops and semi-private mysore: 290€
- Only semi-private mysore sessions: 100€
- Only workshops: 200€
- Single sessions (Mysore o WS's): 55€

Priority goes to those signing up for the whole workshop.  
Please indicate the amount enclosed: \_\_\_\_\_ €

check  cash  bank transfer

**CANCELTION POLICY:** Only half of the deposit will be returned 21 days before the workshop. Deposit non-refundable 14 days before workshop. An admin fee (25 euros) will be deducted for return of payments made by bank transfer. We suggest you only pay 50% up front so that if you have a last minute cancellation you will only lose half the cost of the workshop. We don't accept transferring of a paid reservation to another person after 3 weeks before the workshop.

We advise to those coming from out of Paris to purchase travel insurance.

**Please sign and date in acknowledgement of the cancellation policy above.**