



ASHTANGA YOGA PARIS

INTENSIVES

GERALD DISSE & LINDA MUNRO

**THE INTERMEDIATE SERIES OF ASHTANGA
& THE YOGA SUTRAS OF PATANJALI**



**October 28th – November 3rd, 2017
9h00 – 17h30**

This is an exciting opportunity to delve deeper into your yoga studies! You can participate in the whole training of 45 hours or the part the is most important to you. These hours qualify towards our 300 hour intermediate teacher training.

Program:

9h00 – 11h30	<i>Chanting & Mysore Practice</i>
12h30 – 14h45	<i>Sutras Study</i>
15h00 – 17h30	<i>Deconstructing 2nd Series Postures</i>

Cost

Early Bird

Normal

(before August 30th 2017)	(after August 30th 2017)
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Mornings Only

200 €

225 €

Sutras Only

290 €

325 €

2nd Series Only

295 €

330 €

Whole Training

775 €

875 €



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This is your opportunity to delve into the theory part of your yoga!

Yoga Philosophy informs our yoga asana and yoga asana is a mirror of ourselves therefore, we believe that the study of the yoga sutras is essential for any sincere practitioner. The Yoga Sutras of Patanjali could be called the first yoga therapy, mostly dealing with the intricate workings of the mind. In this part of the intensive we will explore these beautifully succinct aphorisms as a group. Reading them, discussing and learning the meanings behind the sometimes esoteric phrases.

You will be asked to have at least one of the following copies of the Sutras during the workshops:

The Yoga-Sutra of Patañjali: A New Translation and Commentary
by Georg Feuerstein, Patañjali

The Yoga Sutras
by Swami Satchidananda, Patañjali

योगश्चित्तवृत्तिनिरोधः ॥ २ ॥
yogaḥ cittavṛtti nirodhaḥ

*"Yoga is the control and restraint
of mental modifications"*





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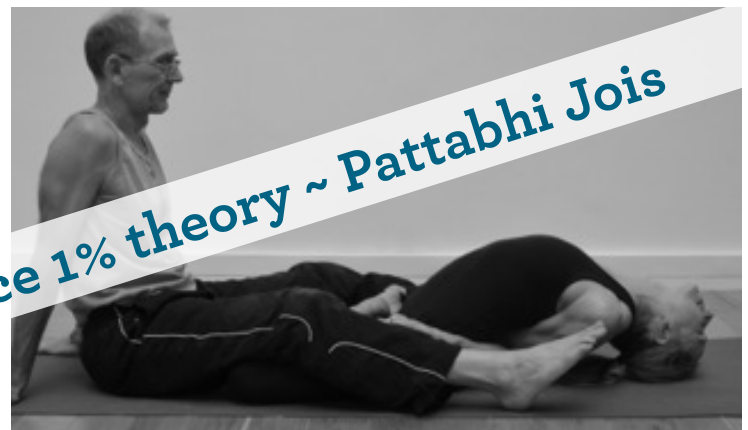
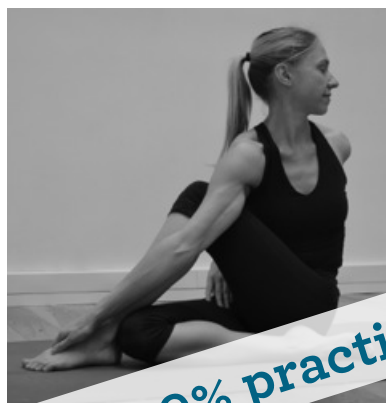
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We will deconstruct the intermediate series asanas for everyone to:

1. Understand the universal alignment cues of the key movements.
2. To be able to practice them in a safe, intelligent and effective way.
3. To learn preparations and modifications necessary for some people.
4. To learn to share the practice and do adjustments.



INTERMEDIATE SERIES



99% practice 1% theory ~ Pattabhi Jois

**Note: To register for this part of the intensive, it is imperative that you have completed the entire primary series!*



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*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

+33 (0)1 45 80 19 96
www.ashtangayogaparis.fr
info@ashtangayogaparis.fr

Name: _____
Address: _____
Telephone: _____
E-mail: _____

Price Options

Please mark below the sessions you will be attending:

Early bird registration (50% deposit paid before August 30th 2017)

Normal registration (50% deposit paid after August 20th 2017)

- Mornings Only:** 200 euros
- Sutras Only:** 290 euros
- Intermediate Series Only:** 295 euros
- Whole Training:** 775 euros

- Mornings Only:** 225 euros
- Sutras Only:** 325 euros
- Intermediate Series Only:** 330 euros
- Whole Training:** 875 euros

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

check cash bank transfer

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 (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.

Priority given to those signing up for the whole workshop.

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