



ASHTANGA YOGA PARIS

JULIE GUDMESTAD

FOOT, ANKLE, KNEE AND HIP ANATOMY AWARENESS IN ASANA

SEPTEMBER 9TH AND 10TH 2017



Early registration (50% deposit
paid before June 1st 2017):
165€ both days or 90€ for one day

Normal registration (50% deposit
paid before June 1st 2017):
185€ both days or 95€ for one day

Saturday and Sunday schedule:
10h00 - 12h30 & 14h00 - 17h00



40 Avenue de la République, 75011 Paris - 01 45 80 19 96



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This workshop is designed to acquaint yoga students, teacher-trainees and teachers with anatomical vocabulary, musculoskeletal structures and movement patterns in relation to the yoga asanas. Our particular focus for the workshop will be on the foot, ankle, knee and hip. Our time together will involve lecture, demonstration and discussion as well as direct work in the asanas. We will:

- Learn to “see” muscles in action, and correctly describe the movement
- Understand how muscles interact to form movement patterns in yoga poses
- See demonstrations of both structure and function
- Participate in asana practice sessions that allow you to feel, in your own body, the actions of muscles and the dramatic effects of subtle changes in alignment

Julie Gudmestad, P.T., has been active in Portland, Oregon, as a yoga teacher and licensed physical therapist for over 30 years. She has integrated Western medical knowledge with yoga training into a unique teaching style, and has taught many workshops throughout the U.S., Canada and Europe. She is a certified Iyengar yoga teacher, and is the former author of the Yoga Journal column “Anatomy of a Yogi.”



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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:

**Early bird registration (if deposit paid before
June 1st 2017)**

- All workshop: 165€
- Saturday: 90€
- Sunday: 90€

**Normal registration (if deposit paid after
June 1st 2017)**

- All workshop: 185€
- Saturday: 95€
- Sunday: 95€

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.

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