



ASHTANGA YOGA PARIS

ASHTANGA YOGA

with Manju Jois

MARCH 30TH - APRIL 2ND 2018

7am - 10 am (only March 30th)
10 am - 1 pm (all the other days)

Led Class | Friday and Saturday
Mysore | Sunday and Monday
Pranayama and Chanting



PRICE

FULL WORKSHOP

160€ (before January 1st 2018)
or 180€ (after January 1st)

SESSIONS

45€ (before January 1st 2018)
or 50€ (after January 1st 2018)

Although often conceived to be Yoga itself, the Asanas (physical postures), are just one component of this ancient style of Yoga. Through his beloved teaching, Manju aims to bring the practices of chanting (which improves breath), meditation (which relaxes the body and mind) and pranayama (which purifies the spiritual body) to light, as essential components on the path towards Enlightenment.



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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.***

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75011, Paris

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www.ashtangayogaparis.fr
info@ashtangayogaparis.fr

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

Price options

Please indicate what you are registering for below:

Early bird registration (if deposit paid before January 1st 2018)

Normal registration (if deposit paid after January 1st 2018)

- Full workshop: 160 euros
- March 30th Session: 45 euros
- March 31st Session: 45 euros
- April 1st Session: 45 euros
- April 2nd Session: 45 euros

- Full workshop: 180 euros
- March 30th Session: 50 euros
- March 31st Session: 50 euros
- April 1st Session: 50 euros
- April 2nd Session: 50 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.

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