



ASHTANGA YOGA PARIS

# ALLEVIATING & PREVENTING BACK PAIN WITH YOGA

with *Yana Komarnitskaya*

**SATURDAY 11H30 - 13H00  
NOVEMBER 25TH AND  
DECEMBER 2ND, 9TH & 16TH 2017**

*During these 4 weeks we will explore exercises for the spinal joints and muscles. Learning to support the back, reveal reasons for the occurrence of pain and discuss methods of preventing it. Each class will consist of a theoretical part and a practical part to join theory and practice together.*

*This workshop will be held in English and translated to french*

**PRICE**  
90€ or 6 crosses  
on a class card  
or 25€ (for those with  
a 6 month or  
year unlimited pass)

*- all levels and ages are welcome -*



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This workshop is open to all ages and levels of physical ability, those with no experience in yoga or years of experience can benefit!

Yana will teach a soft but very efficient yoga practice, which will help to increase awareness in daily life and daily practice.

By the end of the workshop you will have the understanding of the sequence of postures, appealing to back problems and will be able to continue practicing at home or in regular classes at the studio

## PROGRAM

- Anatomy of the spine and basics of joints health;
- Natural spine curves and their role in our body;
- Maintenance of the posture: role of the muscles of the core and legs;
- Lack or excess of mobility in spine joints, problems and benefits;
- Importance of control exercises;
- Reasons for back pain and methods of rehabilitation in different cases;
- Principles of modification in your practice in case of pain;
- Yoga practice.

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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

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info@ashtangayogaparis.fr

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

## Price options

**90 euros**

**6 crosses on a valid class card**

**25 euros**   
(for those with a 6 month  
or 1 year unlimited pass)

Please indicate the amount enclosed: \_\_\_\_\_ €  check  cash  bank transfer

**CANCELTATION 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.**