



ASHTANGA YOGA PARIS

# PAUL DALLAGHAN

APRIL 7th & 8th 2018

## CENTERED YOGA WORKSHOP

*Ground yourself,  
look within,  
build strength,  
open your heart,  
be centered*

*This ws will be taught in English*

Early Bird Price  
(before January 1st 2018)

Whole WS: 240€

Morning: 90€

Afternoon: 45€

Regular Price  
(after January 1st 2018)

Whole WS: 255€

Morning: 95€

Afternoon: 50€

### UNPACKING ASANA OUT OF THE ASHTANGA VINYASA METHOD

A closer look at yoga's popularity today reveals it is based on asana sensationalism. What matters is how you connect with the asanas and that you can deepen that connection through a greater understanding and repeated doing. Here is also how asana becomes an integral part of the meditative process, often unfairly viewed as mere physical moves and nothing to do with the internal. Naturally it is physical as that is the nature of the body, but how to do that physical and go within is the true gem of practice. Poses from the ashtanga series and their transitions with breath focus can aid in this process. We hope to unpack their value a little more than just merely repeat and do.



ASHTANGA YOGA PARIS

# PAUL DALLAGHAN

## APRIL 7th & 8th 2018

### CENTERED YOGA WORKSHOP

Saturday April 7th

7:30 - 8:20 | Mind- & Heart-Centered

Meditation, techniques of contemplation, mantra, pranava and inner awareness

8:20 - 10:20 | Breath-Centered

Pranayama practice with kriyas - highlighting many of the key points and building practice

10 min snack and mental break (in silence)

10:30 - 12:30 | Body-Centered: Dynamic core vinyasa - Strength and Balancing

Starting with various asana preparations and core exercises to a detail flow through various asanas that engage strength and learn to balance. For those familiar with ashtanga vinyasa there will be a similarity to a first and third series mix.

14:00 - 15:30 | Yoga discussion & Q&A

All questions welcome for a lively discussion!

15:30 - 16:00 | Body-Centered: Restorative asanas

16:00 - 16:30 | Breath- & Mind-Centered: Pranayama and meditation close

Sunday April 8th

7:30 - 8:20 | Mind- & Heart-Centered

Meditation, techniques of contemplation, mantra, pranava and inner awareness

8:20 - 10:20 | Breath-Centered

Pranayama practice with kriyas - moving ahead and checking individual's practice and kumbhakas

10 min snack and mental break (in silence)

10:30 - 12:30 | Body-Centered: Dynamic core vinyasa - Hips and Heart Opening

Starting with various asana preparations and core exercises to a detail flow through various asanas that focus on the hip and pelvic space as well as through many backbends for heart-opening. For those familiar with ashtanga vinyasa there will be a similarity to a second and partial first series mix.

14:00 - 15:30 | Yoga discussion and Q&A

All questions welcome for a lively discussion!

15:30 - 16:00 | Body-Centered: Restorative asanas



ASHTANGA YOGA PARIS

# PAUL DALLAGHAN

## APRIL 7th & 8th 2018

### CENTERED YOGA WORKSHOP

#### About Paul Dallaghan

Paul is a long term devoted, yet easygoing, practitioner of yoga. He is reputed as a well-known world-class yogi, scientist and teacher with 30 years of experience in the practice and study of yoga, the breath, and the meditative techniques while being a happy father to two sons.

He has witnessed his own growth through many techniques and years of practice, watching how these evolve over time as the student develops over time. His dedication to the path of yoga has come from a combination of intense practices, meditative experiences, silent retreats and pilgrimages in India, Tibet and Thailand.

He has had the good fortune to spend many rich years with his main teacher in pranayama and the meditative process, Sri O.P. Tiwari, now placed to carry forth these teachings and the tradition of Kavalayananda.

He was one of the dedicated few to put in many joyful years living in Mysore with Pattabhi Jois in the old days of ashtanga vinyasa, certified by him, with an expertise in asana.

Living in Thailand for many years Paul has also been involved in Buddhist culture and practices, many retreats in forest monasteries which are curiously appropriate for all these yogic practices.

He is highly interested in the inner journey of yoga and continues to study, not just the practices and their traditional textual statements, but also what modern science offers this. To that end, he was accepted into one of the top PhD programs in the U.S., at Emory University, Atlanta, to conduct scientific research on yoga and its effects.

He is still a student and loves to share and learn. In this sense, his interest lies in achieving balance, which Paul terms as "centered", and where his focus in academic scientific research hopes to contribute to what is the beautiful ongoing legacy of yoga and its practices: the internal life, the inner space, pure joy, sukha, centered.

He has led workshops and trainings all over the world, and founded the retreat center, Samahita, in Thailand, that teaches students from all backgrounds and all levels of physical and mental readiness in Centered Yoga as an open-minded method to encourage inner awareness. He believes in the mission of spreading health and wellbeing through engaged participation in practices and that the fields of yoga and meditation are one, not separate techniques, commonly united on the internal path of both an open heart and sincere self-examination.

Spiritual growth and practice involves a spectrum of approaches that includes physical fitness for the body, asana for neuro-physiological cultivation and refinement, pranayama as a key to the internal, and meditative techniques of many forms to enhance the inner experience further.

Music, lightness, fun, dance, sharing and caring, and a sustainable approach to this world, are all integral to this process. Such focus and openness is all part of Centered Yoga.





ASHTANGA YOGA PARIS

# PAUL DALLAGHAN

APRIL 7th & 8th 2018

## CENTERED YOGA WORKSHOP

***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 indicate what you are registering for below:

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

- Full workshop: 240 euros
- April 7th MORNING: 90 euros
- April 7th AFTERNOON: 45 euros
- April 8th MORNING: 90 euros
- April 8th AFTERNOON: 45 euros

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

- Full workshop: 255 euros
- April 7th MORNING: 95 euros
- April 7th AFTERNOON: 50 euros
- April 8th MORNING: 95 euros
- April 8th AFTERNOON: 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.***