



ASHTANGA YOGA PARIS

# SEQUENCING & THE ART OF TEACHING VINYASA

Teacher Training and Intensive with

**RON REID & MARLA MEENAKSHI JOY**

*The intensive will be taught in English*



**Early Registration**

*(50% deposit paid before August 1st 2018)*

**535 €**

**Normal Registration**

*(50% deposit paid after August 1, 2018)*

**585 €**

**OCTOBER 22 - 26, 2018 | 9H30 - 18H15**

**37 hour intensive training for teachers and  
experienced practitioners**

**40 Avenue de la République, 75011 Paris | 01 45 80 19 96 | [info@ashtangayogaparis.fr](mailto:info@ashtangayogaparis.fr)**



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This Art of Vinyasa training is designed to inspire you to teach safely and effectively the ancient practice of Vinyasa Yoga. The Sanskrit root “Vinyasa” means “to place” (vi) in a specific way (nyasa). In a vinyasa style practice, how poses are linked or connected is vital.

We will explore in detail specific groupings of poses from First, Second, and Third Series of Ashtanga Yoga, in terms of the specific movements that take us from one pose to another to create a seamless flow.

As we become more aware of the connection between poses, the general overall shape of a dynamic yoga class, then we can begin to explore variations that promote creativity and insight.

It is also possible to see individual poses as having their own “vinyasa”. In other words, “steps” (krama) taken within the pose that not only allow us to go deeper but to become more mindful of areas in our bodies that we find challenging and that might require specific attention to help facilitate the flow of energy (prana).

This training will include:

~Exploring intelligent sequencing for classes and workshops, based on:

- The principles found in Primary, Second & Third Series of Ashtanga Yoga.
- Specific “peak” poses. I.e. Vasisthasana, Ashtavakrasana, Vishwamitrasana, etc.
- Specific anatomical themes. I.e. Hips, Knees, Lower Back
- How to teach a “themed” class, as well as a “workshop” and how to work with “private” students more thoroughly.

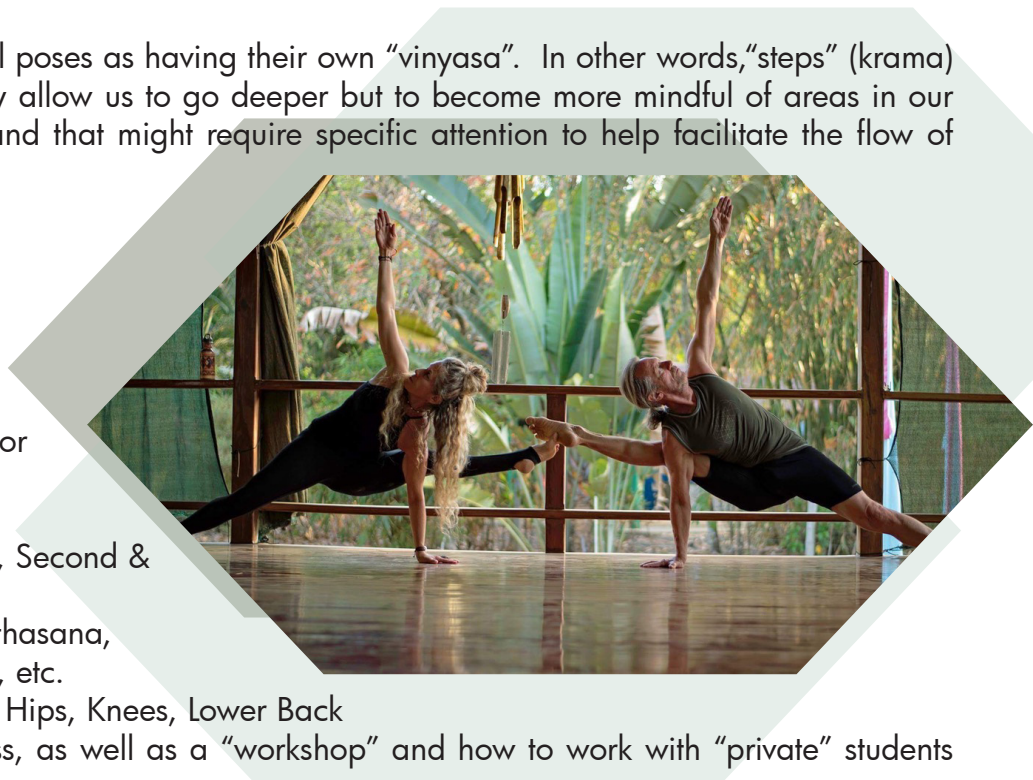
~Appropriate adjustments/modification in poses.

~Working with props to target certain actions needed in poses, and integrating them in a vinyasa class

~Learning sequences for beginner, intermediate, and advanced classes

~Working with a drum beat and learning how to teach to synchronize the breath and movement together to strengthen the flow of Ujjayi pranayama throughout the practice, and learn to economize cues and find your tempo for teaching.

~Vinyasa from a philosophical context. Working with the yoga sutra’s daily from a vinyasa point of view. One sutra per day, adding on every day. Seeing the “step” that take us towards Kaivalya, liberation.





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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 indicate what you are registering for  
below:

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

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

Full workshop: 535 euros

Full workshop: 585 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.*