

LA RENTRÉE SPECIAL WEEKEND EVENTS

SEPTEMBER 13TH, 14TH & 15TH

10% off all card purchases that weekend ** NEW students only

Special classes ALL Saturday

Free 'taster' classes ALL Sunday

The Charity Shop Friday Evening until Sunday - fundraiser for CK



40 Avenue de la République, 75011 Paris
01 45 80 19 96
info@ashtangayogaparis.fr



ASHTANGA YOGA PARIS

SPECIAL CLASSES ALL SATURDAY

*price of a normal class (you can use a
class card, class-pass or drop in)*

SEPTEMBER 14TH

10h00-12h00

Mysore w/ Anni & Marine

10h30-12h30

Creative Vinyasa (All Levels) w/ Céline B. & Aurore

14h00-16h00

Mindful Ashtanga Slow Guided (All Levels) w/ Perle & Agata

16h30-18h30

Sanskrit Counted Full Primary (Level 3) w/ Agata & Alick

17h30-19h30

Slow Vinyasa & Restorative (All Levels) w/ Jeanne & Paola



ASHTANGA YOGA PARIS

SEPTEMBER 15TH

10h30-11h30	INTRO to Mysore
11h00-12h00	Beginners Ashtanga
12h30-13h30	Ashtanga Short Forms
13h15-14h15	Ashtanga 1 - 2
14h00-15h30	15 min. Massage
14h30-15h30	Vinyasa 1-2
16h00-17h00	Beginners Ashtanga
16h00-17h15	Restorative
17h30-18h30	Pranayama, Meditation & Kirtan

OPEN HOUSE
'TASTER'
CLASSES ALL
SUNDAY

10% off all card purchases
(NEW students only)