



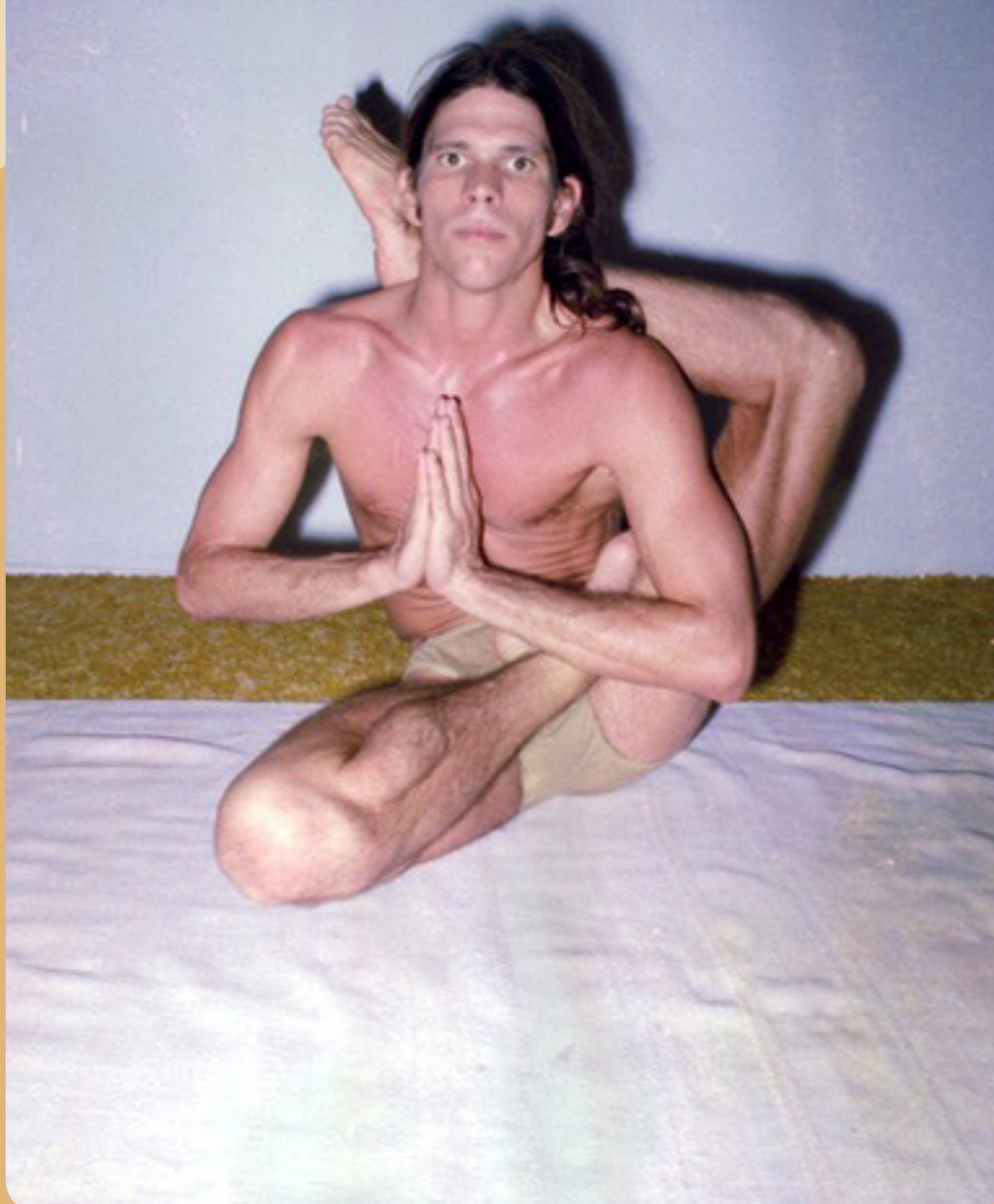
ASHTANGA YOGA PARIS

ASHTANGA YOGA FOR THE REST OF YOUR LIFE

with David Williams

APRIL 4TH AND 5TH 2020

9H30 - 12H00



EARLY Registration

before March 15th

90 €: for both days

55 €: per session

NORMAL Registration

after March 15th

108 €: for both days

65 €: per session





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APRIL 4TH AND 5TH 2020

Saturday, April 4th

9h30 - 12h00 | LED PRIMARY SERIES FOR ALL LEVELS

Ashtanga Primary Series and Pranayama with thorough explanations of every step. Discussion of how David thinks Ashtanga Yoga should be taught and practiced based on his 45+ years of daily practice and teaching. This class is the foundation for all students, and particularly teachers, who want a greater depth of understanding of the “big picture” of the most beneficial way to practice and teach Ashtanga.

Sunday, April 5th

9h30 - 12h00 | INTRO TO INTERMEDIATE SERIES

An introduction to 2nd series in a way that everyone at all levels can try and enjoy. 2nd session of the Ashtanga yoga pranayama led by David.

David Williams has been practicing yoga daily since 1971. He's one of the first westerners to be certified to teach Ashtanga Yoga asana and pranayama by Pattabhi Jois.

In 1972, David met Manju, the son of K. Pattabhi Jois at Swami Gitananda's Ananda Ashram in Pondicherry. A year later, David began learning Ashtanga Yoga from Pattabhi Jois at his home in Mysore and became the first non-Indian taught the complete Ashtanga Yoga system of asanas and pranayama. In 1975, David introduced K. Pattabhi Jois and Manju Jois to America when he, along with Nancy Gilgoff, organized and sponsored their first visit to Encinitas, California.

David is responsible for teaching the Ashtanga Yoga system to many of today's leading teachers and practitioners, including David Swenson, Doug Swenson, Danny Paradise, Baptiste Marceau, Bryan Kest and more.

David is 70 years old and has lived on the island of Maui, Hawaii, since 1976.





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APRIL 4TH AND 5TH 2020

Please fill in and send with full payment (check labelled to "Ashtanga Yoga Paris")

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 mark below:

Early bird registration (if paid before March 15th 2020) **Normal registration (if paid after March 15th 2020)**

- | | |
|---|---|
| <input type="checkbox"/> Both days: 90 € | <input type="checkbox"/> Both days: 108 € |
| <input type="checkbox"/> Saturday April 4th: 55 € | <input type="checkbox"/> Saturday April 4th: 65 € |
| <input type="checkbox"/> Sunday April 5th: 55 € | <input type="checkbox"/> Sunday April 5th: 65 € |

PAYMENT OPTIONS (*Priority goes to those signing up for the whole workshop*):

- Online:** *Secure payment by credit card (only FULL workshop registration).*
Visit: www.ashtangayogaparis.fr/2020-david-williams/
- Bank transfer:** *Please contact us for instructions and our bank details.*
- Check** (*check labelled to "Ashtanga Yoga Paris"*) --- **Amount: €** _____
- Cash** --- **Amount: _____ €**

CANCELLATION POLICY:

- Payments of 25 euros or less are non-refundable.
- An admin fee of 25 euros will be deducted for cancellations made more than 21 days before the workshop.
- Only half of the sum paid will be returned 8 to 20 days before the workshop.
- The sum paid is non-refundable 7 days before the workshop.
- We don't accept transferring of a paid reservation to another person after 2 weeks before the workshop.
- We advise to those coming from out of Paris to purchase travel insurance as travel issues will not change this policy. Medical issues will also not change this policy. As the teacher is confirming their presence and is guaranteed the amount of people who are attending 21 days before, we ask for your understanding of this policy.

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