ANATOMY AND ASHTANGA

This workshop will be taught in English

EARLY Registration - before May 30th

WHOLE workshop: 420€

ONLY Mysore: 215€

ONLY afternoons (Friday-Tuesday): 215€

NORMAL Registration - after May 30th

WHOLE workshop: 480€

ONLY Mysore: 245€

ONLY afternoons (Friday-Tuesday): 245€

ASHTANGA YOGA PARIS

www.ashtangayogaparis.fr

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ANATOMY AND ASHTANGA

with David Keil

September 24th - 28th 2021

Friday 18h30 – 21h00 | The Matrix of Ashtanga Yoga

In this workshop, we first discuss the context within which the Ashtanga Vinyasa Yoga method came to be. Then we look at the essential elements that make it distinct and an extremely internal practice. The context that the practice lives in is one of recognizing our true nature. Are the elements in the practice being used to this aim?

The elements that provide the framework for the experience of Ashtanga Vinyasa Yoga are: vinyasa/breath, bandha, dristhi, and asana. It's one thing to know what these words mean, and another to have an experience of them. We will be doing small pieces of practice to illustrate the concepts that lead to an actual experience of these elements. This is primarily a lecture-based workshop and aimed at those who have an open mind and a desire to understand the Ashtanga Vinyasa Yoga system in a way that enhances whatever method of practice they choose to participate in.

Saturday 7h00, 8h15 or 9h30 | start time for Mysore Practice

In the Ashtanga Yoga Mysore Workshop, David shares techniques and tools that are specifically relevant to you and what's going on in your practice. This is where true teaching and learning happens. When guidance specific to you is aligned with your needs, growth and change naturally follow.

Note for the Mysore you will need to specify if you wish to start your practice at 7h00, 8h15 or 9h30. There will be between 12 – 14 practitioners starting each session.

Saturday 14h00 – 16h30 | Anatomy of Breath

In this workshop, David will take you on a journey through the anatomy of your breath. From the diaphragm to the abdomen, and pelvic floor. It's not as simple or limited as inhale and exhale, oh no. The breath can be used as a link between mind and body through the nervous system. Manipulation and control of the breath can have an impact on the reactivity or calmness you hold in your nervous system. We'll shift our understanding from the lungs and diaphragm and psoas as individual parts and pieces to the breathing system as a whole.

Sunday 7h00, 8h15 or 9h30 | start time for Mysore Practice

Sunday 14h00 – 16h30 | Three Anatomical Points to Effortless Practice

The core of movement in practice can be brought back to three anatomical points that direct you toward the core of the body. This workshop is about simplifying the complexity of where to practice from anatomically.

By focusing on these three anatomical points, you will develop safe and effective movement that becomes expansive and effortless. It sounds too good to be true, but this really is the basis of understanding the physical component of bandhas in your yoga practice.

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Monday 7h00, 8h15 or 9h30 | start time for Mysore Practice

Monday 14h00 – 16h30 | anatomy of Back Bending

Students often crave deep backbends. Of course, most of us spend a lot of time sitting and therefore we know that backbending, to a degree, is extremely helpful to this pattern.
At the same time, we run into resistance, back compression, or a lack of strength. In this workshop, we will first review the anatomy that is most directly related to backbending. Just so you know, it's not all about your back! Then we'll explore different techniques to see how they impact our own backbends.

Tuesday 7h00, 8h15 or 9h30 | start time for Mysore Practice

Tuesday 14h00 – 16h30 | Common Injuries and How to Work with Them

These workshops will focus on the most common injuries we find in practice. The top of the list are knees, back, and shoulders. We will also aim to create a system for understanding injuries and deconstructing them so that we can deal with the source and not just fix the symptoms.

Wednesday 7h00, 8h15 or 9h30 | start time for Mysore Practice

FOR MYSORE REGISTRATIONS:
Please list your preference IN THE REGISTRATION FORM for START time in order of most preferred (we will do our best to put you in the time slot you request first).

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September 24th - 28th 2021

Please fill in and send with full payment:

FULL NAME:

FULL ADDRESS:

PHONE NUMBER:

EMAIL ADDRESS:

PRICE OPTIONS (please mark below) :

Early bird registration (if paid before May 30th)

- ☐ WHOLE workshop: 420€
- ☐ ONLY Mysore: 215€
- ☐ ONLY Afternoons (Friday-Tuesday): 215€

Normal registration (if paid after May 30th)

- ☐ WHOLE workshop: 480€
- ☐ ONLY Mysore: 245€
- ☐ ONLY Afternoons (Friday-Tuesday): 245€

Individual sessions are 55€ per session.
ONLY AVAILABLE FOR:

- ☐ Friday 18h30 : 55€
- ☐ Saturday 14h00: 55€
- ☐ Sunday 14h00: 55€
- ☐ Monday 14h00: 55€
- ☐ Tuesday 14h00: 55€

FOR MYSORE REGISTRATIONS:
Please list your preference for START time in order of most preferred (we will do our best to put you in the time slot you request first).

7h00 **8h15** **9h30**

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

- ☐ Online: Secure payment by credit card (only FULL workshop registration).
  Visit: www.ashtangayogaparis.fr/2021-david-keil
- ☐ Bank transfer: Please contact us for instructions and our bank details.
- ☐ Check (check labelled to "Ashtanga Yoga Paris") Amount : _____€
- ☐ Cash - Amount: _____€

*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.