

VINYASA TEACHER TRAINING

with Linda Munro

October 24th - 28th 2022

For teachers and experienced practitioners
27,5-hour intensive training



Cost: 420 €

Ashtanga was the first method of yoga asana that introduced the concept of Vinyasa - step-by-step gradual progression to the next posture while linking the breathing to those movements. Therefore, having a base of Ashtanga is very useful to feeling the natural linking together of different poses. During the week, in the morning Linda will guide you through a Vinyasa practice, so you can experience as many 'sequences' as possible. Then we will explore different levels of Vinyasa classes - Soft Vinyasa, Dynamic Vinyasa for levels 1 through 3, Beginners Vinyasa - what kinds of poses are appropriate, the essence of the class, planning a class and finally building around a theme action or pose.

This workshop will be taught in English

10h00 - 12h00

Vinyasa Class

12h45 - 14h30

Lecture/Discussion

14h45- 16h30

Designing and experimenting different sequences



ASHTANGA YOGA PARIS

www.ashtangayogaparis.fr



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Please fill in and send with full payment:

FULL NAME:

FULL ADDRESS:

PHONE NUMBER:

EMAIL ADDRESS:

WORKSHOP PRICE:

FULL workshop: 420 €

PAYMENT OPTIONS:

- Online: Secure payment by credit card (only FULL workshop registration).
Visit: www.ashtangayogaparis.fr/2022-vinyasa-teacher-training
- 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.