

ASHTANGA YOGA

with David Swenson

October 20th - 22nd, 2023



Workshop Schedule

Friday: 18:00 - 20:30

Saturday: 9:30 - 11:30 / 13:00 - 15:30 / 16:00 - 17:30

Sunday: 9:30 - 11:30 / 13:00 - 15:30 / 16:00 - 17:30

This workshop will be taught in English



ASHTANGA YOGA PARIS

www.ashtangayogaparis.fr



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Friday evening

18:00 - 20:30

ASHTANGA YOGA

Exploring the FUNdamentals

This class is an introduction to Ashtanga Yoga open to all levels of experience or lack there of. The building blocks of Ashtanga Yoga will be explored through what David refers to as The Five Elements of Practice; Breath, Bandhas, Drishti, Asana and Vinyasa. After the short discussion David will conduct an introductory flow through an abbreviated sequence from the First Series. This is a great way to gain a taste of Ashtanga under the guidance of one of the world's most renowned and compassionate instructors.

If you are curious to know more about this dynamic and flowing system then come and join David for a fun, flowing, user-friendly adventure into the basics of Ashtanga Yoga.

***Cautionary Note: You might actually enjoy it!**

Saturday schedule

9:30 - 11:30

Half Primary

Half of the practice with all of the fun!!!

This class is designed for those wanting a softer more gentle experience of Ashtanga. The pace is slower than a standard flow and vinyasas will be left out between right and left sides. The class will move about one half of the way through the First Series including finishing postures and at about half of the normal speed and then slide right into a guided deep relaxation to round out the experience. David will offer plenty of alternatives for the vinyasas and asanas in order to make the class accessible to All Levels of practitioner. This class is a great way to experience the flow of Ashtanga while moving at a nice mellow pace. The rhythm is like a gentle flowing stream.



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13:00 - 15:30

Flying Floating and Handstanding

A Fun-filled exploration of Vinyasa and Arm-balances

One of the greatest challenges of the Ashtanga flow is the vinyasa. In this class David will break the vinyasa down into its components. He likes to refer to this as: "The Physics of Flight". The class will also explore the elements of handstands and arm-balances.

This will all be done through the avenue of partner work. There is always plenty of laughter and fun as well as a depth of information in this class. All levels may attend even if you have never done a handstand before. Alternatives are always given.

16:00 - 17:30

Life, Love and Living With Purpose

Seeking A Path, Building Dreams and Finding Peace

David will share Stories, Anecdotes and Insights gained over his more than 40 years of yoga practice and pursuits of spiritual life, love, health and adventure. David is a witty, humorous and inspiring storyteller. His life is filled with colorful, sometimes wild, sometimes sad, sometimes hilarious and always entertaining pursuits of knowledge of the world around him and the wonders that reside within us all.

Within his tales of travel, fasting, chanting, seeking, studying, laughing and crying there is always a thread of sincerity of purpose that anyone seeking greater meaning of life can relate to and possibly even gain tools of insights of their own from the mistakes, successes, failures, triumphs and bumps along the road of life that David shares with honesty and heart-felt sincerity.

Buckle Up It's a Wild Ride!

Sunday schedule

9:30 - 11:30

Nadi Shodana / A guided tour

An Introduction to the Intermediate Series of Ashtanga Yoga

Students should have a regular practice of the First Series in order to attend this class. There will be an introductory discussion of the dynamics inherent to the Second Series. David will then lead the class through a portion of First Series acting as a springboard into as much of the Second Series as seems appropriate. There will be a variety of options given for each posture in order to allow multiple approaches.



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13:00 - 15:30

Really Hip Openings for the Hips

A Pleasant Exploration of Gentle Methods To Open the Hips

Tight hips can cause problems in other areas such as the knees and back. David has devised an approach of exploring the hips through slow and gentle movements, stable holding of postures and deep breathing which all combine to bring greater openness to the hips without forcing or pushing. To create stability David will share methods of activating one area in order to relax another. This balanced approach is both safe and effective and can be applied to other regions of the body as well. As always, David will manage to make this enjoyable experience.

Bring Those Tight Hips In For a Tune-Up!

16:00 - 17:30

Eight limbs and daily life

How does this practice apply within the context of daily living?

Underlying the mysterious and complex philosophy of Patanjali's Yoga Sutras there is a truly profound simplicity that may be applied within the context of our daily lives. This class will discuss the Eight Limbs of Ashtanga Yoga and explore their applications within our day-to-day life. What is the use of Philosophy without real application? We may memorize quotations or stanzas from great writings but unless we can apply them within our life they are merely words spoken rather than knowledge realized.



ASHTANGA YOGA PARIS
**TEACHER TRAINING
YOGA IMMERSION**
with David Swenson

October 23rd - 29th, 2023

Please fill in and send with full payment:

FULL NAME:

FULL ADDRESS:

PHONE NUMBER:

EMAIL ADDRESS:

WORKSHOP PRICE:

Early Bird (before March 31, 2023):

FULL workshop: 290 €

Normal (after April 01, 2023):

FULL workshop: 325 €

Individual sessions if space available. Priority given to those registering for full intensive.

Friday Evening: 50€

Saturday Morning: 50€

Saturday 13:00-15:30: 50€

Saturday 16:00-17:30: 50€

Sunday Morning: 50€

Sunday 13:00-15:30: 50€

Sunday 16:00-17:30: 50€

Friday Evening: 55€

Saturday Morning: 55€

Saturday 13:00-15:30: 55€

Saturday 16:00-17:30: 55€

Sunday Morning: 55€

Sunday 13:00-15:30: 55€

Sunday 16:00-17:30: 55€

PAYMENT OPTIONS:

Online: Secure payment by credit card (only FULL workshop registration).

Visit: www.ashtangayogaparis.fr/2023-david-swenson-WS/

Bank transfer: Please contact us for instructions and our bank details.

Check (check labelled to "Ashtanga Yoga Paris") Amount : _____ €

Cash - Amount: _____ €

*Payments of 30 euros or less are non-refundable.

*An admin fee of 30 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.