

# TEACHER TRAINING YOGA IMMERSION *with David Swenson*

October 23rd - 29th, 2023

A photograph of a man with a shaved head, shirtless, sitting in a meditative pose (Padmasana) on a concrete surface. He is looking down with a focused expression. The background features a large tree and a building with traditional Indian architectural elements, including a decorative archway and colorful garlands.

This 40-hour course is designed as an intensive immersion into the teaching techniques of the Primary Series of Ashtanga Yoga.

## Training Schedule

Monday - Friday: 9:00 - 12:00 & 13:30 - 16:30

Saturday: 9:00 - 13:00 & 14:30 - 16:30

Sunday: 9:00 - 13:00 Finish

*This workshop will be taught in English*

*\* 300-hour TT compatible*



ASHTANGA YOGA PARIS

[www.ashtangayogaparis.fr](http://www.ashtangayogaparis.fr)



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This course will cover the teaching techniques of the Primary Series of Ashtanga Yoga. The participants will learn safe and effective hands-on adjustments through partner work for all of the asanas, practicalities of conducting a class and yoga theory. This is a deep immersion into the details underlying the practice and teaching of Ashtanga Yoga. During the course all participants will be engaged in teaching and adjusting each other through. It is a fun and energizing experience. There is a wealth of invaluable knowledge to be learned and tools for practice to be gained by all attending.

Participants should have a consistent personal practice of Ashtanga Yoga and understand the flow and sequencing of the primary series asanas. The course is not designed as an avenue to learn the sequence but rather to teach Ashtanga Yoga or to deepen an existing practice.

As in all courses run by David there is sure to be plenty of laughter and joy woven into the experience. Many previous participants have commented about learning more than they'd ever imagined possible in a weeklong course while having so much fun in the process.

**Don't miss this opportunity!**



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YOGA IMMERSION**

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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: 820 €

**Normal (after April 01, 2023):**

FULL workshop: 930 €

PAYMENT OPTIONS:

- Online: Secure payment by credit card (only FULL workshop registration).  
Visit: [www.ashtangayogaparis.fr/2023-david-swenson/](http://www.ashtangayogaparis.fr/2023-david-swenson/)
- 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.