

SAMA ASHTANGA YOGA INTENSIVE

with Chuck Miller

April 29th to May 01st, 2023

9h30 - 12h00 & 13h30 - 16h30

We are honored to have one of the most senior Ashtanga teachers back to Golfe-Juan...it is such a blessing to study with Chuck Miller! It is a special opportunity that we are all looking forward to. It is not to be missed! The workshops are open to all levels of practitioners - no matter your level you will definitely come out with a more solid understanding of the Ashtanga Yoga practice.



This workshop will be taught in English

3 Day Intensive in Golfe Juan, South of France

Only 13 spaces available! Sign up quickly!

EARLY Registration - before February 28th

WHOLE workshop: 295€

NORMAL Registration - after February 28th

WHOLE workshop: 345€



ASHTANGA YOGA PARIS

www.ashtangayogaparis.fr



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April 29th to May 01st, 2023

3 Day Intensive in Golfe Juan, South of France

Morning Practice 9h30 – 12h00:

Conducted Style with a focus on finding Samasthiti in every pose. We will start slowly and go in deep, developing a common vocabulary and an understanding of basic alignment.

Protective actions (bandhas) will be taught to create stability, elongation and a healthy range of motion. The objective is to learn a sustainable way, for a long lifetime of practice.

Day by day we will work our way further through the Ashtanga Yoga sequence.

The focus will be less on how far or how fast we go but rather on understanding the essential inner forms that are always present in every part of this great practice.

Knowing those essential inner forms you can find your way in any part of the practice, in any series, any style.

Afternoon Clinics 13h30 – 16h30:

We will start after our lunch break with an opportunity for questions and answers, and time to digest our lunch and to investigate what we learned in the morning. Challenges observed in the Morning Practice will be opened up and explored in a way not possible in a regularly paced class.

Bring your questions, an open mind and a willingness to look at this great practice in a new way.



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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 Feb. 28th)

WHOLE workshop: 295€

Normal registration (if paid after Feb. 28th)

WHOLE workshop: 345€

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

- Online: Secure payment by credit card (only FULL workshop registration).
Visit: <https://www.ashtangayogaparis.fr/2023-chuck-miller/>
- 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.