

YOGA & AYURVEDA SISTER SCIENCES

with Lisa Schrempp

June 9th - 14th, 2023

Friday 18h30 - 20h30

Saturday & Sunday 10h00 - 12h00 & 13h30 - 14h30



Ayurveda and the practice of Yoga Asanas as tools to balance your Constitution Sustaining the vital force (Prana) - digestive light (Tejas) - and storehouse of immunity (Ojas).

This workshop will be taught in English

** 300-hour TT compatible*



ASHTANGA YOGA PARIS

www.ashtangayogaparis.fr



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Ayurveda and Yoga Chikitsa - the primary series of Ashtanga Yoga, a daily practice that has the power to re-establish health of the practitioner. The mono-diet of the Ashtanga 1st series is called Yoga Chikitsa. This is a word in Ayurveda that translates as by whatever means develop the practitioners Prana, Tejas and Ojas. These three Sanskrit words indicate the vitality, awareness, and deep stability that occurs when a yoga practice accomplishes its goals. When Ashtanga yoga practice is developed through an understanding of the doshas (bodily energies) the practitioner has more understanding of the signals and the requirements that their body, mind, and being needs each day. The practice gets adjusted by the recognition of those needs and the same practice becomes a means to Svastah or being established in ones' Self.

SATURDAY & SUNDAY 10H00 - 12H00 & 13H30 - 14H30

**Three Dosha Yoga: The Practice of Coming Home
Ayurveda & Asana**

The doshas: Vata - Pitta- Kapha are psychobiological energies which in balance restore states of well-being, and out of balance - become the forces of dis-ease. During imbalance of the doshas, VPK will cause havoc within the body and mind and create a false feeling of disconnect from source.

This workshop will teach:

- *how to recognize the doshas, in and out of balance
- *how the asana practice has immense power to support the strength and integrity of the doshas.
- *learn the elements that create the expression of each dosha and recognize those elements within
- *telltale qualities of a dosha when it is disturbed
- *specific asanas will help to reduce the excess of Vata- Pitta-Kapha in their home sites helping to restore equilibrium.

Learning to navigate the cycle of the asana: entering into it (Vata), holding the pose (Pitta), and the aftermath of the asana (Kapha), through the lens of Ayurveda gives one special power to enjoy greater peace, mental brightness and elevated conclusion of practice.



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In each session there will be asana practice and lecture. This course of study is super beneficial for Yoga teachers to better understand the individual needs of their students, and for everyone that sees how unique our day-to-day experience is on the mat.

MONDAY - WEDNESDAY 7H00 - 9H30
Mysore Style Ashtanga

We are honoured to have Lisa give our Mysore program for these three mornings. Linda Munro will be assisting.

AYURVEDIC CONSULTANTS

Lisa is available to give private ayurvedic consultations while in Paris. Don't miss this opportunity!

The Ayurvedic approach focuses in identifying imbalances in the body and mind and restoring balance to support the innate healing and self-repair process within the body. Lisa will employ the Ayurvedic technique of asking questions about your health, diet, and routine to detect imbalances. She will help you to understand your unique constitution and how to take on easy daily activities, meditations, herbs, and routine adjustments to bring you better balance, immunity, and ultimately longevity.

Can be booked by emailing her lisaschrempp@aol.com



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*** ABOUT LISA SCHREMPP ***

Authorised Level 2 Ashtanga practitioner/teacher and a National Ayurveda Medical Association Certification Board (NAMACB) practitioner.

I began yoga asana in an attempt to heal my body from the demands I experienced from dancing professionally. I didn't know anything of the tradition of Yoga and what the practices were meant for. I was shocked by the end of my first class. Sensations from my body and mind collapsed my understanding of what I knew about myself.

I was compelled to begin again to look at myself and recreate myself through a traditional practice of yoga. I studied with yoga masters; Robert Moses (Sivananda tradition), David Life and Sharon Gannon (Jivamukti Yoga), BKS Iyengar & Kevin Gardner (Iyengar Yoga) and my primary teacher Sri K Pattabhi Jois and was set on a path that has not only changed my direction but my orientation and serves me to see the world we live in from a more wholesome, balanced and calm vision.

Dr Vasant Lad became my teacher of Ayurvedic wisdom in 1998. I traveled to Albuquerque, New Mexico and Pune India to study with him. Ayurveda, a wholistic science of longevity fills in many rough edges that the strict practices of yoga do not speak to. Taking care of the body, emotions, and mind with diet, routine, right relationship and conscious livelihood are the foundations of a life practice that is in alignment with the highest possible physical health and wellness.

Now almost 30 years later and over 12 trips to India, my passion continues to expand. I am still practicing the traditional sequences of the Ashtanga lineage with broader wisdom from the diverse blessings of Ayurveda, Buddhism and Yoga. After three decades of practice, I am interested in a more compassionate and awake source of myself and to serve from that place.

Yoga practice is for all who want to awaken from inside, grow and glow the body, mind and spirit and coexist interpenetrating with mother earth and each other. Welcome to my site, my joy is in helping you regain balance by means of mind, body and spirit.



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Please fill in and send with full payment:

FULL NAME:

FULL ADDRESS:

PHONE NUMBER:

EMAIL ADDRESS:

WORKSHOP PRICE:

Individual sessions: 50 € per session*

**Mysore is the price of a regular practice
(25€ or 1 class on your AYP Class Card/Pass)*

FULL workshop: 200 €

Please indicate the session(s) you're attending:

Fri. May 9th 18.30-20.30

Sat. May 10th 13.30-14.30

Sun. May 11th 13.30-14.30

Tue. May 13th 7.00-9.30*

Sat. May 10th 10.00-12.00

Sun. May 11th 10.00-12.00

Mon. May 12th 7.00-9.30*

Wed. May 14th 7.00-9.30*

PAYMENT OPTIONS:

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

Visit: www.ashtangayogaparis.fr/2023-lisa-schrempp/

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.