

Aligning with Breath

with Ty Landrum

March 29th to 31st, 2024



ASHTANGA YOGA PARIS
www.ashtangayogaparis.fr

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Ashtanga Vinyasa works with two opposing patterns of breath. These patterns are called prana and apana, or the ascending and descending breaths, and alignment can be thought of as the continual rediscovery of balance between the two. In this workshop, we explore the movements of these patterns as they present in our bodies. We learn to recognize their unique physiological signatures, and we practice integrating them in the key postures of the Ashtanga Vinyasa system. Through these explorations, we rediscover the breath as an axis of alignment, one that brings unusual depth and vibrancy to the postures themselves.

Friday 29 March

6:00 - 8:00pm - Alignment Lab 1: Surya Namaskar

Saturday 30 March

8:00am - 10:00am - Mysore

10:30am - 12:30pm - Alignment Lab 2: Standing Postures

1:30pm - 3:30pm - Alignment Lab 3: Twists and Folds

Sunday 31 March

8:00am - 10:00am - Mysore

10:30am - 12:30pm - Alignment Lab 4: Backbends

1:30pm - 3:30pm - Mula Bandha: Practice and Philosophy



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WORKSHOP DESCRIPTIONS

Friday 29 March

6:00 - 8:00pm

Alignment Lab 1: Surya Namaskar

The backbone of the Ashtanga system is Surya Namaskar, the Salutation to the Sun. The Sun is not only the celestial body that gives us warmth and daylight, but the solar center of the subtle body, where our vital forces converge. In Surya Namaskar, we are propitiating to these forces, inviting them to rise up through the central axis of the body, burning away our delusions and giving us insight. This session explores the mechanics of Surya Namaskar and introduces the basic movement vocabulary that we use throughout the workshop.

Saturday 30 March

8:00am - 10:00am

Mysore

This is a traditional Mysore-style asana practice. Practitioners will be supported but self-directed. To participate harmoniously, you must have an asana sequence that you can practice on your own, without external direction. Ashtanga Vinyasa will be the predominating style, but other intelligent, breath-based vinyasa krama sequences are welcome.

10:30am - 12:30pm

Alignment Lab 2: Standing Postures

Standing postures have a secret life, a secret inwardness, a secret drama that is easy to miss. They can seem simple and accessible when we first learn them, but as we feel into them with closer attention, they start to reveal an unfathomable depth. Each standing posture is a unique stage for the dynamic interplay of prana and apana, and when we learn to direct those subtle forces into one another, their drama begins to unfold. In this session, we learn to balance prana and apana within the standing postures of the Ashtanga Vinyasa system.

1:30pm - 3:30pm

Alignment Lab 3: Twists and Folds

In this session, we explore the mechanics of forward folding and twisting, and the mental impact of different ways of holding ourselves within these forms. Through our exploration, we learn to use forward folding not only to stretch the back of the body, but to stretch the back of the mind, and to ground ourselves more fully in the present moment.



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WORKSHOP DESCRIPTIONS

Sunday 31 March

8:00am - 10:00am

Mysore

This is a traditional Mysore-style asana practice. Practitioners will be supported but self-directed. To participate harmoniously, you must have an asana sequence that you can practice on your own, without external direction. Ashtanga Vinyasa will be the predominating style, but other intelligent, breath-based vinyasa krama sequences are welcome.

10:30am - 12:30pm

Alignment Lab 4: Backbends

The practice of backbending is about making ourselves vulnerable, and finding the internal support to handle that vulnerability with steadiness and grace. When we backbend with internal support, we create opportunities for deep psychical release. In this session, we learn to work intelligently with the breath, the psoas and the diaphragm, to create a long and supple spine that can reach gracefully into these difficult and exhilarating forms.

1:30pm - 3:30pm

Mula Bandha: Practice and Philosophy

Some say that mula bandha is the toning of the pelvic floor. Other say that mula bandha is the experience of non-duality. What do these disparate things have in common? This workshop aims to clarify. Observing the subtle breath within our bodies, we discover a thread of sensation that reaches from the pelvic floor to the soft palate, a thread that connects us to the source of our vitality. By awakening our love and admiration for where that thread leads, we can invite some of the finer experiences of mula bandha to arise.



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Please fill in and send with full payment:

FULL NAME:

FULL ADDRESS:

PHONE NUMBER:

EMAIL ADDRESS:

PRICING

Early Bird (before December 1st, 2023) :

FULL workshop: 250 €

Normal (from December 2nd, 2023):

FULL workshop: 300 €

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

Workshop Friday PM: 45€

Workshop Sunday PM: 45€

Workshop Saturday AM: 45€

MYSORE Saturday: 40€

Workshop Saturday PM: 45€

MYSORE Sunday: 40€

Workshop Sunday AM: 45€

PAYMENT OPTIONS

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

Visit: <https://www.ashtangayogaparis.fr/2024-ty-landrum/>

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.
