



Yoga retreat

may 30 - june 2, 2024

rest & regenerate

Dojo du Plessis

Yoga retreat

MAY 30 - JUNE 2, 2024



We are happy to organize this yoga weekend outside the busy-ness of city life where we can rest and regenerate! The chateau is located in the middle of vineyards, woods and small valleys in the region of Nouvelle-Aquitaine. All meals of fresh vegetarian food will nourish our body and soul. Linda and Céline are accomplished yoga teachers who will share their teachings with generosity to ensure you experience both a relaxing and revitalizing weekend. You are certain to come back to the city feeling centred and enthusiastic in your daily life!

A weekend to settle down, ground yourself, (re)find your balance, deepen your body awareness and reach new levels in your practice.

Accessible to all levels.

We will explore different aspects of yoga: Meditation, pranayama (breathing exercises), asanas (postures) alternating between dynamic YANG practices, thematic workshops (back bending, inversions) & gentler YIN practices at the end of the day and evening (yin & yoga Nidra).

Yoga retreat

MAY 30 - JUNE 2, 2024

4 days to settle down, **ground** yourself, (re)find your balance, **deepen** your body awareness and reach new levels in your practice with **2 teachers** : Linda Munro & Céline Barrelet.

We will explore different aspects of yoga :

Meditation, pranayama (breathing exercises), yoga sutras, asanas (postures) alternating between dynamic **YANG** practices, thematic workshops (back bending, inversions) & gentler **YIN & NIDRA** practices at the end of the day and evening.

**21 HOURS OF YOGA
FOR ALL LEVELS**



Yoga retreat

MAY 30 - JUNE 2, 2024



The chateau is located in the middle of vineyards, woods and small valleys in the region of Nouvelle-Aquitaine, halfway between Cognac and Angoulême, 10 km from Jarnac in the Nouvelle-Aquitaine region of France.

Le Dojo du Plessis is 1h50 from Paris or 35 minutes from Bordeaux by the TGV.

Yoga retreat

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**BEDROOMS,
SINGLE OR SHARED**

Yoga retreat

TEACHERS



Linda took her **first yoga class in 1995** in Toronto, Canada with Ron Reid. But a couple of months later she was in a fairly serious car accident and had to have physical therapy. This is when she decided to use the yoga as a way to compliment the therapy. Soon after she realized that the yoga would be a **life time practice**. A practice of asana, pranayama and meditation but also a practice of being truthful, a practice of being kind, a practice of being fearless, peaceful and happy. She believes that the practice of “yoga” is continuous; **the practice does not stop when you roll up the yoga mat**. The practice of yoga includes the way you live your life, the way you relate to your family, friends, co-workers and to the strangers on the street. This is the life long practice of developing **yogic awareness**.

In 1997 she moved to New York City with her work in the fashion business while continuing a daily ashtanga practice studying under **Eddie Stern**. The year 2000 brought her to Paris, France. She felt a strong desire to sincerely give to others what her teachers have given to her; so **in 2002 she started teaching yoga** as her own study and practice continued.

She studied yogic scriptures and philosophy, having completed **a 250 hour study program of Patanjali's Yoga Sutra**, and a **120 hour course on the Bhagavad Gita under the supervision of Georg Feuerstein**. She was one of his 10 mentoring students until he passed away in 2012. Linda is also a student of **Sri O.P. Tiwari** and is certified by him to teach pranayama. As well she has completed the anatomy for yoga training with **Leslie Kaminoff** and is a junior yoga anatomy trainer. Not to mention she has studied with the late guru of Ashtanga Yoga, **Sri K. Pattabhi Jois in Mysore**, India and NYC.

Linda is registered as an experienced registered yoga Alliance Teacher and continuing education trainer.

N'hésitez pas à nous contacter pour tout renseignement :
linda@ashtangayogaparis.fr

Yoga retreat

TEACHERS



Céline shares her passion for yoga and has been **teaching for 7 years** to different audiences, adults, seniors, children and pregnant women.

Also an artist, painting and photography are her preferred mediums which engage her aesthetic perception and are also reflected in her bodily approach.

Since she was very young, Céline has been practicing dance and the circus. Her desire for expression and surpassing herself naturally led her to **yoga in 2007**.

After experiencing different styles of yoga while traveling, she trained in **Ashtanga vinyasa in Paris in 2016 with Linda Munro & Gérald Disse** and continued her learning (**700 hours**) with **Maty Ezraty, Chuck Miller, David Swenson, Kino Mc Gregor...**

Her encounter with **Yin Yoga** and **Restorative yoga** was a revelation and she enjoys creating sound, secure, restful and calming spaces for her students. To continue her quest for well-being and develop her teaching, she also trains in **yoga Nidra**.

Meditation in movement, fluidity, listening and surpassing oneself are at the heart of her classes, always with a refined look at postural alignment.

The balance between the different styles of yoga brings strength and serenity on a daily basis.

N'hésitez pas à nous contacter pour tout renseignement :
magicalangel7@hotmail.com / 06 23 51 62 29

Yoga retreat

PROGRAM

THURSDAY, MAY 30TH

21h00 - 22h00 : Opening Circle & Yoga Nidra

We will all join together for the first evening to meet each other and Céline will guide us through a deep session of Yoga Nidra to wipe away residue from the city and enter into our weekend of self-care.

FRIDAY, MAY 31ST

8h30 - 11h30 : Kriya, Pranayama et Ashtanga alignment

Morning Practices are the best way to start the day to awaken the body, breath and mind. Kriyas are used to clear the breathing passages, activate the centre areas of the body and clear the mind. Asana clears blockages in the body, strengthens and stretches the entire body. Pranayama brings the mind into a balanced state. The Ashtanga class will focus on alignment to mindfully move through a selection of the primary series poses.

12h : Brunch & free time

16h30 - 18h30 : Hanumanasana Special Class

This practice will be themed around the iconic Hanumanasana (splits) pose to explore poses that lengthen the hamstrings. You don't need to be able to do the splits to get the benefits of working in the direction of the pose! The practice will be a flowing together of dynamic yang poses, static yin poses and perhaps even some partner work.

19h : Dinner

21h00 - 22h : Candlelight Yin Restorative yoga

A peaceful way to end the day, bathed in candlelight while settling into soothing Yin Restorative style poses. The perfect way to prepare for a wonderful night's sleep.

Yoga retreat

PROGRAM

SATURDAY, JUNE 1ST

8h30 - 11h30 : Kriya, Pranayama, guided Ashtanga

We will continue and expand upon the morning practices from the day before. With repetition, it is easier to make commitments to add a little bit (or a lot :) of yoga to our daily lives.

12h : Brunch & break

16h30-18h30 Natarajasana Special Class

This practice will be themed around the iconic Natarajasana (dancer) pose to explore back bending poses that open the chest and lengthen the whole front of the body. The practice will be a flowing together of dynamic yang poses, static yin poses and perhaps even some partner work.

19h : Dinner

21h00 - 22h00 : Candlelight Yoga Sutra Study & Meditation

The Yoga Sutra is the place where we learn the philosophy of yoga. This evening Linda will discuss a few of the pertinent sutras and then guide us through a short meditation to calm the mind for a wonderful night's sleep.

SUNDAY, JUNE 2ND

8h30 - 11h30 : Kriya, Pranayama, Ashtanga Alignment

The last morning practice together. We can leave some time for question and answer.

12h : Brunch & break

14h00-16h00 : Inversions & Yoga Nidra Closing Circle

Turning the body upside down is both energizing and calming depending on the type of inversion but all are great for improving our circulation and moving around our energy! We'll experience a few different types of inverted yoga poses and then Céline will prepare us for our voyages back to the city with a beautiful Yoga Nidra session.

Free time activities: Mandala colouring, biking, walking, swimming pool.

For a small extra fee: Japanese bath and sauna.

Yoga retreat

DETAILED PROGRAM

THURSDAY, MAY 30TH

Suggested trains from Paris:

19:30 or 20:35: Navette from Angouleme to Du Plessis

Simple snacks upon arrival

(we suggest you pack a dinner to eat on the train from Paris to Angouleme)

21h00 - 21h45 : Opening Circle & Yoga Nidra

FRIDAY, MAY 31ST

7h15 : Tea, coffee, fresh or dried fruits

8h30 - 11h30 : Kriya, Ashtanga Alignment, Pranayama

11h45 : Brunch & Free Time

16h30-18h30 : Hanumanasana Special Class

21h00 - 22h : Candlelight Yin Restorative Yoga

SATURDAY, JUNE 1ST

7h15: Tea, coffee, fresh or dried fruits

8h30 - 11h30 : Kriya, Ashtanga Alignment, Pranayama

11h45 : Brunch & Free Time

16h30-18h30 : Natarajasana Special Class

21h00 - 22h00 : Candlelight Yoga Sutra Study & Meditation

SUNDAY, JUNE 2ND

7h15: Tea, coffee, fresh or dried fruits

8h30 - 11h30 : Kriya, Ashtanga Alignment, Pranayama

11h45 : Brunch & time to pack

14h00-15h30 : Inversions and Yoga Nidra Closing Circle

Suggested trains to Paris:

16h20 OR 17h30 : Navette to Angouleme

Yoga retreat

PRICE & RESERVATION

- Early Bird : **535€** / shared room (200€ deposit by Feb. 29th)
 - Normal : **585€** / shared room (200€ deposit from March 1st)
 - Individual room with shared bathroom + 60€
 - Individual room with private bathroom + 120€
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INCLUDED in the price :

- 3 practices a day with 2 teachers
- vegetarian food
- shared bedrooms
- swimmingpool, biking

For a small extra fee :

Japanese bath and sauna

Extra : massages (book in advance)

To reserve fill in registration form with deposit paid by check to the order of Le Dojo du Plessis or cash. Bring it or mail it to AYP, 40 avenue de la République 75011, Paris.



Yoga Retreat

PRACTICAL INFORMATION

- Material provided: strap, bolster and bricks
- Bring your yoga mat
- Arrival on Thursday evening, we will give you additional information about dinner
- Address : Le Plessis, 10 rue Traversiere, 16170 Mareuil





ASHTANGA YOGA PARIS

YOGA RETREAT

with *Linda Munro and Céline Barrelet*

May 30th - June 2nd, 2024

Please fill in and send with full payment:

FULL NAME:

FULL ADDRESS:

PHONE NUMBER:

EMAIL ADDRESS:

PRICING

Early Bird (before before March 1st 2024) :

Workshop: 535€

**shared rooms, meals, swimming pool and bike rides are included in the price*

Normal (from March 1st 2024):

Workshop: 585€

ROOMS WITH EXTRA PRIVACY

Individual room with shared bathroom : +60€

Individual room with private bathroom : +120€

OTHER BONUSES

Japanese bath and sauna

Massages (book in advance)

PAYMENT OPTIONS

Check (check labelled to "Le Dojo du Plessiss") Amount : _____€

Cash to mail or deposit at Ashtanga Yoga Paris, 40 avenue de la République, 75011 Paris -
Amount: _____€

*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.

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.