

Enrich your Yoga practice

with Kino MacGregor

23 / 24 / 25 August 2024



ASHTANGA YOGA PARIS

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Friday 10:00 - 12:00

Mysore Style Ashtanga Yoga

Immerse yourself in the indescribable experience of the Ashtanga Yoga Mysore Style method. Under Kino's guidance, you will learn how to practice and work each pose without forcefulnesses. Let Kino expand your understanding on asanas you find challenging and assist you in adjustments to improve the strength, flexibility and determination to practice every day. Through this experience you will learn something new each time you step on the mat.

Friday 13:00 - 15:00

Folding Deeply Forward

Unlock the secret to open hips and long hamstrings and solve the riddle of these two seemingly incorrigible areas of the body. Without your hamstrings and hips in place the yoga practice sometimes feels like a dead end with no hope in sight. Turn that thought around in this fun, practical approach to working with your legs, hips and pelvis. This workshop gives you the foundation for healthy forward bending, easy hip flexion and a new understanding of your legs. Delve into the inner world with solid anatomical explanations, easy-to-apply techniques and in-depth understanding.



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Saturday 13:00 - 15:00

Inversions, Handstanding & the Art of Balance

Turning yourself upside down challenges the body's sense of spatial orientation, the limits of physical strength and the mind's outer edges of fear. In this class you will learn to approach inversions with sound anatomical principles, an open mind, excitement and fun. You will experience first hand that it takes much more than brute strength to steady yourself on your hands. You will see how easy it really is to let yourself slide into postures, positions and inversions that you think are impossible with just the slightest change of perspective. Everything from shoulderstand to downward dog to handstand is part of the game.



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Sunday 10:00 - 12:00

Led Primary Series + Conference

Surrender to the traditional Ashtanga Yoga method with careful emphasis on the traditional vinyasa method and have fun along the journey. Experience the integrity and purity of the Ashtanga Yoga practice and be prepared to sweat.

After practice, we will have a talk on yoga and we will wrap up with a conference and Q&A session!

Sunday 13:00 - 15:00

Secrets of Flexibility

If you think that flexibility just isn't for you or feel blocked on key poses like forward bends or bends this is the perfect class for you! Learn how to cultivate the calm and equanimous mind and tap into an inner state of infinite possibility. There is a place of infinite peace within, you just need to discover it. Instead of forcing your body into submission, change the paradigm and set yourself and your body free. Surrender is the magic word that opens the locked doors of the inner body. Dive deeply within and discover what it means to truly be flexible.



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ENRICH YOUR YOGA PRACTICE

with Kino MacGregor

March 29th to 31st, 2024

Please fill in and send with full payment:

FULL NAME:

FULL ADDRESS:

PHONE NUMBER:

EMAIL ADDRESS:

PRICING

Early Bird (before February 29th, 2023) :

FULL workshop: 350€

Normal (from March 1st, 2023):

FULL workshop: 370€

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

Friday morning : 65€

Saturday afternoon : 65€

Friday afternoon : 65€

Sunday morning : 65€

Saturday morning : 65€

Sunday afternoon : 65€

PAYMENT OPTIONS

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

Visit: <https://www.ashtangayogaparis.fr/2024-kino-macgregor/>

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.