

Restorative Reset

Learn powerful tools to retrain your nervous system and soothe your soul.

with Lizzie Lasater

November 15, 16, 17, 2024.



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When we want to access the mind, we do something with the body. When we wish to feel differently, many of us turn to exercise, movement, or our asana practice. At other times, we turn to food, Netflix, shopping, sex, wine, cigarettes, and even drugs. All are strategies to shift our internal state. Quite simply, we are trying to manipulate the nervous system. But how can we use this manipulation more consciously? What tools does yoga offer us to positively influence the nervous system?

Join Restorative yoga enthusiast, tired twin Mama, and California optimist Lizzie Lasater for a November weekend reset. As it gets cold outside and the holiday stress starts to build, we'll gather to explore practical tools including somatic movement, stillness, Restorative yoga, breathing exercises, and meditation. All this combined with a dash of laughter and a pinch of polyvagal theory.

Interested? This workshop is for YOU if you're a:

Tired human worn out by the pandemic
Mobile phone addict
Burnout sufferer
Yoga teacher
Parent
Caregiver
Non-meditator
or just plain exhausted.

Friday 19h00 - 20h30

Candlelight Practice
Somatic movement and then stillness

Saturday 9h30 - 12h00

Simple asana building to a long Savasana

Saturday 13h30 - 16h00

Restorative and Pranayama

Sunday 9h30 - 12h00

Discussion of the theory behind these tools and ways to weave them into our practice
Simple asana, meditation, and Restorative



ASHTANGA YOGA PARIS

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Please fill in and send with full payment:

FULL NAME:

FULL ADDRESS:

PHONE NUMBER:

EMAIL ADDRESS:

PRICING

Early Bird (before June 30th, 2023) :

FULL workshop: 180€

Normal (from June 30th, 2023):

FULL workshop: 220€

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

Friday 19h00 - 20h30 : 60€

Saturday 13h30 - 16h00 : 60€

Saturday 9h30 - 12h00 : 60€

Sunday 9h30 - 12h00 : 60€

PAYMENT OPTIONS

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

Visit: <https://www.ashtangayogaparis.fr/2024-lizzie-lasater>

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.
