

Expanding the Framework Ashtanga Workshop

with Adam Keen

May 23 - 25, 2025



ASHTANGA YOGA PARIS

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Expanding the Framework

Ashtanga yoga is a blueprint that can be applied to your individual circumstances through personal experimentation. Adam aims to help support this process and provide some useful tools, tips and another pair of eyes on your personal journey.

FRIDAY MAY 23

18.30 - 20.00: Led Primary with Instructions

This class is an introduction to Adam's perspective on the practice of Ashtanga yoga. It will be a guided primary with short and clear interpretations of each posture and what to do in them. This lighter version of the primary series, with less vinyasas will focus on the role of the breath and the relationship of the bandhas. You will still have energy for the next morning's self-practice class.

SATURDAY MAY 24

8.00 - 9.30 Group 1

9.45 - 11.15 Group 2

Ashtanga Assisted Self-Practice (groups of up to 20 students only in one class)

A self-practice class with verbal instruction and light physical assistance. Adam offers directions for you to experience asanas in a comfortable and stable way appropriate to your unique body. He does not believe in forcing people into postures and focuses on safe and non-intrusive assistance. The class follows the traditional Ashtanga yoga sequences and series. But, it's OK if you need practice sheets, props or to modify asanas to suit your own needs. It's not an exam; Adam is here to support and motivate.



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SATURDAY MAY 24

11.45 - 13.15: Arm Balances

Building up from the basics with some technique essentials, we will then have a go at some of the more advanced arm-balances in a way that everyone can enjoy and experience the exhilaration of taking our weight into our own hands. Success involves a careful way of using the muscles of the back, what Adam explains as holding the three points of the triangle. Once you grasp this golden triangle, with a firm foundation, the sky is the limit!

13.45 - 15.00: Evolution of 'Mysore Style' Ashtanga Yoga

When the first Westerners arrived in Mysore the way they were taught was not the same as the way we're taught today. In fact, there have been some important changes over the last 50 years that are worth knowing about. Not only is this interesting, but, also, useful to our own practices; to know how what we are doing has evolved, and that, in the end, this tradition is not set in stone means we may feel liberated to take a more experimental and less rigid approach to it in our own practices. This is a PowerPoint presentation with some great old photos too!



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SUNDAY MAY 25

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11.45 - 13.15: Common Injuries, How to Prevent and Manage Them

In this workshop we will discuss common injuries of the knees, lower back, and shoulders, along with others (and, you can bring your own too!), to look at why they happen, how to protect ourselves from incurring them, and, how to rehab ourselves if they've already occurred - by working with our practice, rather than stopping it. A very popular workshop that allows for a lot of individual interaction regarding any personal practice niggles or injuries we may currently have.



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SUNDAY MAY 25

13.45 - 15.00: The Bhagavad Gita and Real-Life Choices, Q&A Session

This fundamental text on yoga is generally still overlooked for the Yoga Sutras while it contains more practical instruction for everyday life. Most particularly, how to build a practice, tolerate obstacles, and learn how to take yoga off the mat by understanding the context of yoga asana and how it fits into a bigger picture of yoga. This is a different look at the concept of dharma - or what 'doing our duty' means in the modern world. Afterwards we will have a Q&A session on any topics from the weekend or from your own practice.

About Adam Keen

Adam has been a yoga practitioner since 1999 and has taught Ashtanga yoga internationally for almost 25 years. His style is open, non-dogmatic and eclectic while remaining rooted in an appreciation of the benefits of the method of ashtanga as he learnt it in Mysore, India. In 2012 he completed the Advanced A sequence with Sharath and was authorized to teach. Adam aims to meet all students where they are at, with humour, kindness, and inspiration, holding a safe and supportive space for personal inquiry. He is also the co-founder of Keen on Yoga and the Keen on Yoga podcast with his wife Theresa.



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Please fill in and send with full payment:

FULL NAME:

FULL ADDRESS:

PHONE NUMBER:

EMAIL ADDRESS:

PRICE OPTIONS

EARLY BIRD REGISTRATION

if paid by March 31st, 2025

☐ WHOLE WORKSHOP - 260€

NORMAL REGISTRATION

if paid from April 1st, 2025

☐ WHOLE WORKSHOP - 300€

INDIVIDUAL SESSIONS

priority will be given to those who sign up for the whole workshop

☐ Fri. 18.30 - 20.00 - 55€

☐ Sat. 8.00 - 9.30 Group 1 - 55€

☐ Sat. 9.45 - 11.15 Group 2 - 55€

☐ Sat. 11.45 - 13.15 - 55€

☐ Sat. 13.45 - 15.00 - 55€

☐ Sun. 8.00 - 9.30 Group 1 - 55€

☐ Sun. 9.45 - 11.15 Group 2 - 55€

☐ Sun. 11.45 - 13.15 - 55€

☐ Sun. 13.45 - 15.00 - 55€

PAYMENT OPTIONS

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

Visit: <https://www.ashtangayogaparis.fr/2025-adam-keen>

☐ Bank transfer: Please contact us for instructions and our bank details.

☐ Check (check labelled to "Ashtanga Yoga Paris") Amount enclosed: _____€

☐ Cash Amount enclosed: _____€

- Payments of 30 euros or less are non-refundable.
- For cancellations more than 21 days before the workshop, a 30-euro admin fee will apply.
- Cancellations 8 to 20 days before the workshop will receive a 50% refund.
- No refunds are available for cancellations less than 7 days before the workshop.
- Reservations cannot be transferred within 2 weeks of the workshop.
- Refunds are processed based on the date we receive your RIB/IBAN, which determines the amount refunded per our policy.
- Travel and medical issues do not affect our policy. We recommend travel insurance for those coming from outside Paris.

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.
