



ASHTANGA YOGA PARIS

CONNECTION KARMA

FUNDRAISING AFTERNOON: VINYASA AND RESTORATIVE CLASSES



SATURDAY JUNE 10TH | 15H00 - 19H00

**PRACTICE YOGA FOR A GOOD CAUSE AND
REAP ALL GOOD EFFECTS AND KARMA!**

PRICE:

55€ FOR ALL

30€ FOR 15H00-17H00 OR 17H15-19H00

ALL PROCEEDS TO CONNECTION KARMA

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**We want to keep this event open to all, therefore, if the prices are sincerely beyond your personal means, please contact us and tell us what you can donate.*

During this afternoon, you can fill your karma bank by taking a Healthy, Happy Hips Class, being Inspired to ease up on the self-criticism, encouraging your inner-creativity to express itself and then relaxing in a calming Restorative Yoga class. And while doing all this, be donating to give yoga to more people because all the proceeds are being donated to the association

Connection Karma!

You can't go wrong in participating!

15h00 - 15h15

Connection Karma visual presentation by Céline Barrelet & team Karma

15h15 - 16h30

Healthy, Happy Hips ~ Using Ashtanga Yoga to bring mobility to the hip area to promote longevity in the low back and knees with Linda Munro (English- translated into French by Jeanne Goubet)

16h30 - 17h00

Self-Inspiration ~ Tools on how to change self-criticism thought patterns by Linda Munro (English- translated into French by Amelie Duvernay)

17h15 - 18h00

Expressing Your Inner Creativity ~ we all have it!

18h00 - 19h00

Rest, Find Inner Peace in a Restorative Class with Jeanne Goubet



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*Please fill in and send with 50% deposit (check labelled to “Ashtanga Yoga Paris”):
The remaining 50% can be paid at the workshop.*

Ashtanga Yoga Paris
40 avenue de la République
75011, Paris

+33 (0)1 45 80 19 96
www.ashtangayogaparis.fr
info@ashtangayogaparis.fr

Name: _____

Address: _____

Telephone: _____

E-mail: _____

Price options

Please mark below:

Normal registration

- All workshop: 55€
- Session 15h00-17h00: 30€
- Session 17h15-19h00: 30€

Priority goes to those signing up for the whole workshop.

Please indicate the amount enclosed: _____ €

check cash bank transfer

CANCELLATION POLICY: Only half of the deposit will be returned 21 days before the workshop. Deposit non-refundable 14 days before workshop. An admin fee (25 euros) will be deducted for return of payments made by bank transfer. We suggest you only pay 50% up front so that if you have a last minute cancellation you will only lose half the cost of the workshop. We don't accept transferring of a paid reservation to another person after 3 weeks before the workshop.

We advise to those coming from out of Paris to purchase travel insurance.

Please sign and date in acknowledgement of the cancellation policy above.