

SAMA ASHTANGA YOGA INTENSIVE

with Chuck Miller

April 6 - 14, 2024.

9:30 - 12:00 & 13:30 - 16:30

Breath Roots Core
50-hour Intensive (Possibility to do only the first weekend)



ASHTANGA YOGA PARIS

www.ashtangayogaparis.fr

SAMA ASHTANGA YOGA INTENSIVE

with Chuck Miller

We are honored to have one of the most senior Ashtanga teachers back to Paris...it is such a blessing to study with Chuck Miller! It is a special opportunity that we are all looking forward to. It is not to be missed! The workshops are open to all levels of practitioners - no matter your level you will definitely come out with a more solid understanding of the Ashtanga Yoga practice.

SAMA ASHTANGA YOGA INTENSIVE

with Chuck Miller

Morning Practice 9h30 - 12h00:

→ Conducted Style with a focus on finding Samasthiti in every pose. We will start slowly and go in deep, developing a common vocabulary and an understanding of basic alignment.

→ Protective actions (bandhas) will be taught to create stability, elongation and a healthy range of motion. The objective is to learn a sustainable way, for a long lifetime of practice.

→ Day by day we will work our way further through the Ashtanga Yoga sequence.

The focus will be less on how far or how fast we go but rather on understanding the essential inner forms that are always present in every part of this great practice. Knowing those essential inner forms you can find your way in any part of the practice, in any series, any style.

SAMA ASHTANGA YOGA INTENSIVE

with Chuck Miller

Afternoon Clinics 13h30 - 16h30:

→ We will start after our lunch break with an opportunity for questions and answers, and time to digest our lunch and to investigate what we learned in the morning. Challenges observed in the Morning Practice will be opened up and explored in a way not possible in a regularly paced class.

Bring your questions, an open mind, and a willingness to look at this great practice in a new way.

SAMA ASHTANGA YOGA INTENSIVE

with Chuck Miller

Beginner's Mind * Vinyasa * Essential Core Practices

There exists a small number of things we can learn that inform a multitude of things we can do.

It is like learning to count. If we can learn to count to ten then counting to higher and higher numbers gets easier. It might seem insurmountable at first to learn the first ten! Then it begins to feel magical how easy it is to continue.

There is something like this I want to share. I studied and practiced diligently for many years, learning many asana and the vinyasa, the sequences of "breathmovements." I was disciplined and worked hard in practice but I started to feel the need to better understand what I was doing, how to do, where to go with my efforts in the practice.

I had been studying Advaita Vedanta, the idea of "non-dualism" that Adi Shankaracharya, 8th century South Indian yogi, advocated. It is like the idea in yoga that there is a "Oneness" existing in us, in our world, in the universe.

Shankaracharya taught "there is a One to know, knowing which we know the essence of All. This is the theme. "Atman and Brahman" are not different. The single individual soul and the cosmic universal soul are of one piece.

SAMA ASHTANGA YOGA INTENSIVE

with Chuck Miller

How does this relate to and inform our practice!?!

If we go deeply enough into the beginning of things there will be a more natural unfolding of the development which is more intelligent, without any violence or injury, with more enjoyment, more pleasure, more love.

Ahimsa. Right at the very beginning!
Now. The only moment that exists.

“Learn the one thing, knowing which you know the essence of all things!”

I read that in a book about Shankaracharya and it ‘blew my mind;’ a kind of ‘nirvana.’

I wondered, is that really possible?

I was very intrigued.

I was studying: yoga, asana, meditation. Doing woodworking and general carpentry in the summer and ski patrol/rescue in the winter. I found some books. Eventually, after 9 years on my own, I found my first teacher, Pattabhi Jois in 1980. I studied with him regularly for 20 years. During a good portion of that time, especially near the end of it, I had the great privilege to study with many other great teachers. I enjoyed finding what was common to all of the teachings. The things that overlapped different methods.

Turns out that is pretty cool. This is what we will play with within the practice of the Traditional Ashtanga Yoga Sequence.



ASHTANGA YOGA PARIS

SAMA ASHTANGA YOGA INTENSIVE

with Chuck Miller

April 6 - 14, 2024.

Please fill in and send with full payment:

FULL NAME:

FULL ADDRESS:

PHONE NUMBER:

EMAIL ADDRESS:

PRICE OPTIONS

EARLY BIRD REGISTRATION

if paid by February 28th 2024

- 1 000€ - WHOLE WORKSHOP
- 200€ - WEEKEND APRIL 6 & 7 ONLY
- 800€ - WEEK APRIL 8 - 14 ONLY
(this option is only for those who have already participated in at least one weekend workshop with Chuck before)

NORMAL REGISTRATION

if paid after February 28th 2024

- 1 150€ - WHOLE WORKSHOP
- 240€ - WEEKEND APRIL 6 & 7 ONLY
- 920€ - WEEK APRIL 8 - 14 ONLY
(this option is only for those who have already participated in at least one weekend workshop with Chuck before)

PAYMENT OPTIONS

priority goes to those signing up for the whole workshop

- Online: Secure payment by credit card (only FULL workshop registration).
Visit: <https://www.ashtangayogaparis.fr/2024-chuck-miller/>
- Bank transfer: Please contact us at <https://www.ashtangayogaparis.fr/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.
