

# Ashtanga Yoga & Anatomy Workshops

*with David Keil*

April 19 - 23, 2025.



ASHTANGA YOGA PARIS



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During the 5 days David will spend at AYP he will cover several anatomy topics, give Mysore Style Ashtanga classes and a mini-teacher training to learn to “see your students’ anatomy”. Have a look at the following details to determine which parts are best for you.

Saturday, 9:30 - 12:30 Anatomical Ideas

Saturday, 14:00 - 17:30 Exploring the Leg

Sunday, 9:30 - 13:00 Psoas & Spine

Sunday, 14:30 - 17:30 Breathing & Arms

Monday, 7:00 - 10:00 Mysore

Monday, 12:00 - 17:00 Teacher Training - See your students’ anatomy

Tuesday, 7:00 - 10:00 Mysore

Tuesday, 12:00 - 17:00 Teacher Training - See your students’

Wednesday, 7:00 - 10:00 Mysore



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## WORKSHOP DESCRIPTIONS

### Saturday, April 19th

#### 9:30 - 12:30 Anatomical Ideas

Description of basic movements in the body and examples in yoga  
Connective tissue as a system and its various forms and purpose  
How connective tissue intimately relates to flexibility  
Muscular system overview, its workings, function, and dysfunction  
Integrated view of nervous system and muscular system  
Overview of the skeletal system

#### 14:00 - 17:30 Exploring The Leg

Discussion of the feet including: the arches, ankles, and how they influence the standing postures  
Overview of the knee, its major functions, dysfunctions, and the four major ligaments: ACL, PCL, MCL, and LCL  
The knee and lotus: how the knee often gets into trouble in this pose, what to do, and how to help others  
Structure of the pelvis including the SI joint  
The hip joint, what makes it so tight, and how hip tension affects the knee and spine

### Sunday, April 20th

#### 9:30 - 13:00 Psoas And Spine

Naming the various parts of the spine  
What movements happen in the spine and where  
The spinal discs, their functions, and dysfunctions  
Learn exactly where your psoas is  
Find out what the real relationship is between the psoas, energy, and movement  
Learn how to integrate the psoas into your practice

#### 14:30 - 17:30 Breathing And Arms

Anatomical breakdown of the shoulder girdle  
Rotator cuff muscles, their function, and location  
The integrated movement of the clavicle, scapula, and humerus  
Dealing with shoulder and wrist problems  
Diaphragm anatomy and function  
Relationship of the psoas and breathing



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## WORKSHOP DESCRIPTIONS

**Monday, April 21st - Wednesday, April 23rd**

### **7:00 - 10:00 Mysore Practice**

In the Ashtanga Yoga Mysore Workshop, David shares techniques and tools that are specifically relevant to you and what's going on in your practice. This is where true teaching and learning happens. In this 3-day Mysore Workshop, you will receive individualized attention for your practice. He will share techniques and tools that are specifically relevant to you and your practice. This is why the number of students in the room at one time is limited to a maximum of 12. This is also why it is required to commit to signing up for all 3 days of practice. David is committed to being fully engaged in your practice and helping you figure out the next step for you.

Note for the Mysore you will need to specify if you wish to start your practice at 7h00, 8h15 or 9h30. There will be maximum 12 practitioners starting each session.

**Monday, April 21st - Tuesday, April 22nd**

### **12:00 - 17:00 Teacher Training - Seeing Your Students' Anatomy**

One of the most important skills a teacher can have is observation. There is a lot of information in front of you at every moment, but you're not necessarily aware of it until it's pointed out. In this workshop we will start the process to help you be aware of more of what you already see. You will learn to use tools to enable you to see more of what a student is doing and/or not doing. Seeing more allows you to make better decisions about which adjustments or cues you give to a student in a particular pose or transition.

In my development as a teacher, I use three fundamental tools. One is my anatomical knowledge which gives me a more objective perspective. Second, being able to see the anatomy as it lives and moves in the students that are in front of me. Finally, after seeing the anatomy, I then choose to give instructions, change techniques, or even make hands-on adjustments based on the anatomy and the observations I've already made.

In this workshop, we will learn to see and then follow the process of turning those observations into cues or adjustments that are appropriate for the student based on what we see. This will be a very practical and hands-on workshop.

\*Note: There will be a 30-minute break during each 5 hour session.



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Please fill in and send with full payment:

**FULL NAME:**

**FULL ADDRESS:**

**PHONE NUMBER:**

**EMAIL ADDRESS:**

## PRICING

### Early Bird (before January 15th, 2025) :

- WHOLE 5 days of Training\*: 540 €
- ONLY Monday & Tuesday Afternoons\*: 225€
- ONLY Saturday & Sunday\*: 225€
- ONLY Mysore: 120€

### Normal (from January 16th, 2025) :

- WHOLE 5 days of Training\*: 570 €
- ONLY Monday & Tuesday Afternoons\*: 235 €
- ONLY Saturday & Sunday\*: 235 €
- ONLY Mysore: 130€

### Individual sessions (only available for the following) :

- Saturday, 9:30 Anatomical Ideas : 62 €
- Saturday, 14:00 Exploring the Leg : 62 €
- Sunday, 9:30 Psoas & Spine : 62 €
- Sunday, 14:30 Breathing & Arms : 62 €

## FOR MYSORE REGISTRATIONS

Please list your preference for START time in order of most preferred (we will do our best to put you in the time slot you request first):

- 7h00
- 8h15
- 9h30

## PAYMENT OPTIONS

- Online: Secure payment by credit card (only FULL workshop registration).  
Visit: <https://www.ashtangayogaparis.fr/2025-david-keil>
- 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.

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