



# Hands-On Assisting & Teaching Mysore

\*For teachers and experienced  
practitioners 36 -hour intensive training

*with Linda Munro and Gérald Disse*

December 2 - 6, 2024.

10h30 - 17h30 from Monday to Friday

# Hands-On Assisting & Teaching Mysore

\*For teachers and experienced  
practitioners 36 -hour intensive training

*with Linda Munro and Gérald Disse*

## Schedule:

- 10h30 - 13h00 Self-Adjusting Guided Class OR Mysore Practice OR Practicum Testing
- 13h45 - 14h45 Lecture/Discussion
- 15h00 - 17h30 Adjusting Key Movements

Developing the eye and the intuition to determine how to assess whether to give a verbal or hands on assist to your yoga student is a life-long work in progress. In this week, we will work on our observation skills and learn how to give appropriate assistance that is adapted to the individual to have the best effects possible.

We will look at key movements from the Ashtanga series that give us skills that can be transferred to a wide range of poses. Exploring different benefits of using our hands to help students in yoga asana, as well as, deeming when it may preferable to use props or verbal cues.

## Cost:

440€ Early Bird - before September 30th

495€ Normal - after September 30th



# Hands-On Assisting & Teaching Mysore

\*For teachers and experienced  
practitioners 36 -hour intensive training

*with Linda Munro and Gérald Disse*

The morning will be dedicated to practice with either a Self-Adjusting Guided class, Mysore or Practicum Testing.

Mysore Self-Practice is where you will be on the receiving end of hands-on adjustments so that you can feel as many adjustments as possible for yourself. This is an imperative part of learning to give adjustments! You must feel what it is like on the receiving end over and over to really understand the subtle effects and to respect that the person you are touching is another human being that deserves to have a voice and be respected.

In the afternoon, we'll have some group discussions and then delve into analyzing the way to approach different types of yoga poses. This will entail a lot of partner work - observing, deciding how to help the partner, practicing and receiving immediate feedback.

Discussions/Lectures -

Injury, different ways to adjust (dynamic, therapeutic, supportive, resistance, subtle understanding) & more

Key Movements -

- \*teaching how to stabilize
- \*elongating the spine before bending
- \*forward bending
- \*twisting
- \*back bending
- \*inversions





ASHTANGA YOGA PARIS

# Hands-On Assisting & Teaching Mysore

*with Linda Munro et Gérald Disse*

2 - 6 December 2024

Please fill in and send with full payment:

**FULL NAME:**

**FULL ADDRESS:**

**PHONE NUMBER:**

**EMAIL ADDRESS:**

## PRICE OPTIONS

EARLY BIRD

440€ - before September 30th

NORMAL PRICE

495€ - after September 30th

## PAYMENT OPTIONS

- Online: Secure payment by credit card (only FULL workshop registration).  
Visit : <https://www.ashtangayogaparis.fr/2024-hands-on-teaching-mysore/>
- 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.

Date and signature