

# Nadi Shodhana - The Intermediate Series & Chakra Exploration

*with Linda Munro*

June 10 - 14, 2024

8:30 - 16:30

**For Teachers and Experienced Practitioners  
300h qualified.**



ASHTANGA YOGA PARIS

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The name of the Ashtanga Second Series is called 'Nadi Shodhana' which means nadi cleansing. The nadis are the 'little rivers' of our subtle body, which allow the prana, energy or life force to move freely throughout the body. When these channels are unobstructed we feel healthy, vibrant, light and clear. However, when they are blocked we can feel dull, tired, depressed and foggy. This series is a perfect complement to the healing asanas of primary series.

There are some main junctions of nadis that are said to be important energetic areas of the body - these are the Chakras. In the afternoons we will explore the chakras and how they may influence our body, mind, personality, and behavior.

In this 35-hour training we will examine the poses of the intermediate series in an intelligent and safe way. Some of the topics we will explore:

- Breaking down the poses to personalize them for the individual.
- Anatomical alignment for optimal ability, longevity & wellness.
- Using props and modifications.
- Deeper understanding with hands-on adjustments.
- Exploring how the primary series prepares us for this series.
- When to embark on this series.

You are ready to take this program if you have completed primary series and have already started some of the poses of intermediate. The training will be given in English.



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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 February 29th

Workshop : 440 €

NORMAL REGISTRATION  
if paid after March 1st

Workshop : 495 €

## PAYMENT OPTIONS

*priority goes to those signing up for the whole workshop*

Online: Secure payment by credit card.

Visit <https://www.ashtangayogaparis.fr/2024-intermediate-series/>

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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