

Hands-On Assisting

with Linda Munro & Gérald Disse

20th - 24th november 2023

Monday to Friday 9:30am to 4pm



For teachers and experienced
practitioners
27.5 hour intensive training



Price :

400 € Early Bird - before 30th September

420€ Normal - after 30th September

385 € for AYP registered 300h trainees



ASHTANGA YOGA GOLFE JUAN

www.ashtangayogagolfejuan.fr

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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.



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Schedule :

- 9:30 - 12:00 Self-Adjusting Guided Class
- OR Mysore Practice OR Practicum Testing
- 12:45 - 13:45 Lecture/Discussion
- 14:00 - 16:00 Adjusting Key Movements

Key movements : teaching how to stabilize / elongating the spine before bending / forward bending / twisting / back bending / inversions

Lecture / Discussion : injuries, different ways to adjust (dynamic, therapeutic, supportive, resistance, subtle understanding) & more...



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Please fill in and send with full payment:

FULL NAME:

FULL ADDRESS:

PHONE NUMBER:

EMAIL ADDRESS:

PRICE OPTIONS

EARLY BIRD

400 € - before 30th September

TARIF NORMAL

420€ - after 30th September

385 € - 300 hours TT registered students

PAYMENT OPTIONS

- Online: Secure payment by credit card (only FULL workshop registration).
Also visit <https://www.ashtangayogaparis.fr/2023-hands-on-teaching-mysore-fr/>
- 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