

# The Art of Assisting Yoga Poses

*with Ron Reid and Marla Meenakshi Joy*

**September 29, 30 & October 1, 2, 3**

**Monday - Friday**

**9:30 - 17:00**

**Golfe Juan, South of France**

**30h training for Yoga Teachers and Practitioners wishing to go Deeper**



ASHTANGA YOGA GOLFE JUAN

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## Topics Covered

### Ahimsa and The Art of Assisting :

Caring, intelligent, and thoughtful assists have the potential to give students a clear, tactile sensation of what a pose should feel like in their bodies. Intelligent adjustments involve correct alignment, precise intention and an appropriate level of intensity.

When combined with effective modifications for individual needs, having assists supports the students to find versions of each pose that can take their practice to the next level.

Ahimsa, one of the key principles of Ashtanga Yoga, translates to "do no harm." Most yoga-related injuries result from either misalignment or pushing beyond a healthy depth of practice.

To identify the boundaries of a student's practice, as well as the means by which to shift those boundaries slowly and safely, teachers require a different form of knowledge than what they hone leading led classes.

This knowledge not only comes from one's own personal practice, but the understanding that going deeper involves awakening the body's inner intelligence. Out of this experience, we as teachers guide others toward a deeper relationship with the practice itself. The skill to "read bodies" from the very first moment a student enters is one that is so important for a teacher. Our journey to refine those skills and deepen our understanding requires some time, patience, observation and a keen eye. All the way from reading bodies, actions in poses, injuries and how to both recognize them and give alternative approaches and healing modalities. Recognizing what's required for each individual is necessary to help them develop a sustainable life-long practice.

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## Ahimsa and the Art of Assists

Main principles: An adjustment needs to be effective, safe and enhance the quality of breath, alignment and experience of the asana. It is a "training " of your eye to read bodies and "see" misalignments that can ultimately lead to injury. Then we need to learn how to support a grounded, stable approach to each pose by balancing energy and recognizing when key actions are missing. Understand the instructor's role in helping students sustain a pose on their own, bringing a sense of trust and safety to the art of the hands-on approach. Also its important to understand that there are different body types, genetic pre-dispositions, personality types, tendencies, occupational repetitive strain, strategies for working with different body and personality types to allow maximum benefit for each student.

## Observing Bodies

By watching our students as they move through their practice we may begin to notice certain common themes, like tight hips and hamstrings and also specific limitations unique to that student that may affect them in their practice. The ability to keenly observe different bodies is a very specific skill necessary for yoga teachers to be effective in applying the appropriate assist, modification and/or prop.

## Modification & Therapeutic Applications

Modifying poses is a teacher's way of tailoring a pose specifically to fit each student. Some of these modifications will be common and some less so, sometimes requiring experimentation to get it "right". Students at times may require specific aids or props to help them with certain challenges they may be facing. Being aware of when and how to use these practice aids and/or how to modify their approach to a given pose may be key in helping them to move forward in their practice.

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## Assisting in Led Classes, Workshops & Privates

Different types of classes require a different types of adjustments...so we will explore the differences to give you a full range of skill sets to apply in each setting.

## Injury Assessment and Management

There are some common injuries in the yoga practice that come up over time such as hamstring pulls or tears, sacroiliac joint issues, herniated discs, scoliosis, and other structural or functional issues. In these cases we need tools in both recognizing the challenge the student has, as well as working with adjustments, props and alternate exercises that might benefit them to overcome the injury or limitation.

Often the source of limitation is based on acute injuries and/or long-term pre-existing conditions. Being aware of common injuries and their causes will help us to guide our students toward an injury free practice.

## The importance of Self-practice (Mysore)

During the Mysore (Self-practice) class component of the training, students will get individual support in their practice, receiving adjustments to develop key actions in their bodies, encouraging conscious movement and the prevention of injuries. Receiving adjustments is also an essential component of learning to give adjustments; passing along information that can only be known once it has been felt. Students will always have the opportunity to ask questions as they continue forward in their journey, looking for the means to ultimately go deeper. In learning the specific tools to adapt a student's practice to their individual needs and concerns, we feel there is a greater opportunity for pain-free, liberating individualized practice. In this training we will learn the skills to help our students understand the actions necessary in aligning the spine and energy body for the most gratifying experience possible.

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## ABOUT YOUR TEACHERS

### Ron Reid

Ron Reid Former Co-owner/ Director of Downward Dog Yoga Centre EST 1997. Ron is one of Canada's top teachers, as well as a celebrated international Master teacher. His approach is inspired, informed and non-dogmatic, and has been teaching for over 30 years, travelling the world for Teacher Trainings, Intensives, Retreat, and more. He composes and plays with his partner Meenakshi and their band SWAHA. [www.templeoflight love](http://www.templeoflight love) [www.swaha.ca](http://www.swaha.ca)

### Marla Meenakshi Joy

Marla Meenakshi Joy, Former Co-owner/ Director of Downward Dog Yoga Centre EST 1997, spent years in the Himalayas studying meditation, Sanskrit and yoga philosophy. For the last 25 years she has been an International Teacher Trainer in Ashtanga and Vinyasa, Sanskrit, Meditation, Pranayama, Yoga Philosophy & Restorative yoga, and also celebrates with song with her band SWAHA, and has over 5 CD's currently recorded. [www.templeoflight love](http://www.templeoflight love) [www.swaha.ca](http://www.swaha.ca)



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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 August 31st

☐ Workshop : 600 €

NORMAL REGISTRATION  
if paid after September 1st

☐ Workshop : 650 €

## PAYMENT OPTIONS

☐ 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.
- For cancellations more than 21 days before the workshop, a 30-euro admin fee will apply.
- Cancellations 8 to 20 days before the workshop will receive a 50% refund.
- No refunds are available for cancellations less than 7 days before the workshop.
- Reservations cannot be transferred within 2 weeks of the workshop.
- Refunds are processed based on the date we receive your RIB/IBAN, which determines the amount refunded per our policy.
- Travel and medical issues do not affect our policy. We recommend travel insurance for those coming from outside Paris.

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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