

# SPRING OFFER

## INTRODUCING OUR NEW HYBRID TEACHER TRAINING

*200+hours online, 35H in person in Golfe-Juan*



*Study at your own pace, deepen your practice in person*

Online Training  
Flexible Learning

~~1400€~~ €1000



35h In-Person  
Training

~~575€~~ €375



ASHTANGA YOGA PARIS

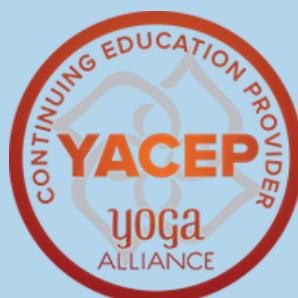
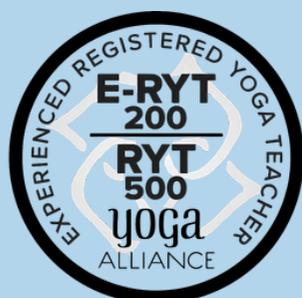
\*offer valid until April 30, 2026.

***Created for those ready to deepen their practice but struggling to find the right time, this 200-hour hybrid teacher training allows you to study on your own schedule while still benefiting from meaningful in-person guidance and connection.***

- Start the 200-hour online training at any time of the year
- Progress at your own pace (you have two years to complete it)
- Then attend the 35-hour in-person session at a time that works for you



*This program offers a gradual and flexible approach, while ensuring the practical experience, adjustments, and educational feedback necessary for full certification.*



## **WHO IS THE TRAINING FOR?**

Yoga instructors

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Individuals seeking a career change or wishing to teach Ashtanga yoga

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Fitness professionals: fitness instructors, physical education teachers, sports coaches, strength and conditioning coaches, athletic trainers, sports activity leaders

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Anyone wishing to deepen their personal practice

## **IT IS RECOMMENDED TO**

Have a minimum of 250 hours of Ashtanga and 4 practices per week  
OR 500 hours of another style of yoga over the last 2 years

Have a good knowledge of the Ashtanga system as a whole



# 200+ HOURS OF FLEXIBLE LEARNING

## OBJECTIVES

Know the first series of Ashtanga in the traditional order.

Understand the correct alignment of asanas and their anatomy.

Acquire the knowledge and techniques for teaching Ashtanga yoga to all body types and ages.

Verbalize the instructions for the first series of Ashtanga.

Know the 8 limbs of Ashtanga and the most relevant sutras

Be able to develop a Pranayama practice

Know the history and lineage of Ashtanga

Teach yoga that is respectful of everyone

## CONTENT ONLINE

*The course consists of a series of videos divided into 31 units and 8 categories. It follows the same structure as the in-person course, meaning that the 8 categories are:*

Anatomy

Asanas

Foundations of  
ashtanga

Yoga history

Mantra

Pranayama

Teaching  
techniques

Yoga  
philosophy



# 35 HOURS IN-PERSON LEARNING

Asana technique on the main categories of Primary Series poses

Adapting the yoga asanas to the individual

Assisting your yoga students

Introduction of anatomy to understand safe and useful alignment

Introduction to the yoga sutras

Breath, bandha, vinyasa – create a breath centered practice



**October 4 – 9, 2026**  
**Sunday – Friday**

## Daily Schedule

12h30 – 13h30

Movement with a purpose of understanding

13h35 – 14h30

Lecture/discussion

14h45 – 17h30

Asana technique – adapting, assisting, alignment, preps & props



# PRICES

\*Offer valid until April 30, 2026.

## 200 hours online:

One time payment :  
**1000€** ~~1400€~~

Flexible payment:  
**400€** deposit, then **60€/month** for  
11 months (total 1060€)

## 35-hour training in Golfe Juan:

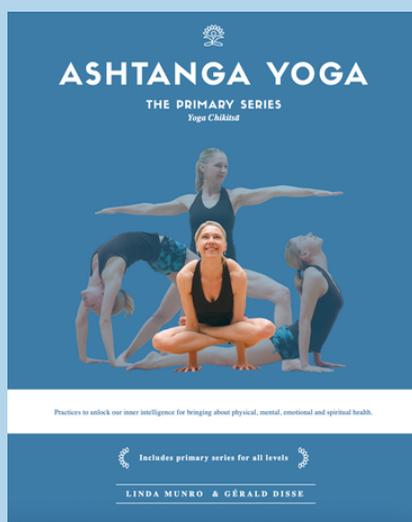
(can also be live-streamed)

One time payment :  
**325€**

*Payment and Refund Policy:  
Once you have received all or  
part of the course or have logged  
in to the site, no refunds will be  
issued.*

## Books to purchase

Ashtanga Yoga, Yoga Chikitsa,  
The Primary Series by Linda Munro & Gerald Disse



**SIGN UP TO START YOUR TRAINING**