

Urban Retreat Ashtanga Yoga Chikitsa

*Workshops & New Year's Eve with Linda & Gérald
Evening Classes & Events Hosted by Louise*

December 27th - 31st

10 PLACES TO SLEEP
AT THE STUDIO!



ASHTANGA YOGA PARIS

www.ashtangayogaparis.fr

Urban Retreat Ashtanga Yoga Chikitsa

360 € Early Bird - paid before Nov 10th

420€ Normal - paid after Nov 11th

7 - 11 sessions - 40€ per session

1-6 sessions - 45€ per session

(OR 2 crosses on your class card per session)



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Urban Retreat

Ashtanga Yoga Chikitsa

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REAL RETREAT - STAY IN THE YOGA STUDIO !



We will accept 10 people to stay in the yoga studio from 16h00 December 26th until January 1st 10h00 for a true yoga immersion!!

Bring a mattress and sleeping bag and sleep in a peaceful environment! Great for early morning wake up - you will be on the spot! Louise will be your host for the week! Meals are not included but you can have the option to pitch in with others to make vegetarian meals together.

120€ for 6 nights at the studio



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Urban Retreat - Ashtanga Yoga Chikitsa

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The primary series is also called Yoga Chikitsa, which means **Yoga Therapy**. It can sometimes be difficult to see this as 'therapy' because we often get carried away by the grasping for poses, the desire to accomplish a pose in a specific manner that doesn't necessarily take into consideration the wishes of our body or we move without mindfulness.

This series of workshops is a rare opportunity for **all levels** of practitioners to learn to slow down, be mindful and develop an **advanced understanding** of Yoga practices. Advanced Yogis are slow, mindful practitioners. We will focus on learning to do the primary series as a **way for healing**. Healing all parts of our being; body, mind and breath. The tools we will use will be Kriya & Pranayama (cleansing & breathing), Ashtanga Asanas and Chanting and Conference on the Yoga Sutras of Patanjali.

Learn to **listen deeply**. Learn to **be mindful** while practicing.
Learn to do the poses in ways that **respect your individual needs**.



ASHTANGA YOGA PARIS

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Urban Retreat - Ashtanga Yoga Chikitsa

Programme

Wednesday, December 27th :

- 9h30 - 12h00 : Kriya, Pranayama & Guided Yoga Chikitsa
- 13h30 - 16h30 : Yoga Sutras & Yoga for Tight Hamstrings
- 19h30 - 21h30 : Candlelight Restorative to Stay grounded with Louise

Thursday, December 28th :

- 9h30 - 12h00 : Kriya, Pranayama & Guided Yoga Chikitsa
- 13h30 - 16h30 : Yoga Sutras & Yoga for the Neck, Upper Back & Shoulders
- 19h30 - 21h30 : Candlelight Yin for Recovery with Louise

Friday, December 29th :

- 9h30 - 12h00 : Kriya, Pranayama & Mysore (or intro to Mysore)
- 13h30 - 16h30 : Yoga Sutras & Yoga for the Spine
- 19h30 - 21h30 : Restorative Release for the heart with Louise

Saturday, December 30th :

- 9h30 - 12h00 : Kriya, Pranayama & Guided Yoga Chikitsa
- 13h30 - 16h30 : Yoga Sutras & Ashtanga Inversions
- 19h30 - 21h30 : Movie Night & Indian food with Louise

Sunday, december 31st :

- 10h30 - 13h00 : Kriya, Pranayama & Mysore (or Intro to Mysore)



ASHTANGA YOGA PARIS

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Urban Retreat - Ashtanga

Yoga Chikitsa

Detailed programme

Wednesday, December 27th

9h30 - 12h00: Kriya, Pranayama & Guided Yoga Chikitsa with LINDA & GÉRALD

We will start with Kriya and Pranayama to clear the energy channels, detoxify the body and open the breathing pathway. Then we will be guided through a portion of the Ashtanga Primary Series in a slow and progressive manner so that we can grasp the subtleties of the asanas. Taking the time to feel the poses in a deep way.

13h30 - 16h30: Yoga Sutras & Yoga for Tight Hamstrings with LINDA & GÉRALD

The Yoga Sutras are the threads of thought that give us the foundation of yoga practice from the point of view of healing the mind. We'll chant some of the verses in Sanskrit and then discuss their meanings and how to use their wisdom on a daily basis.

After this, we will delve into ways to release and open the hamstrings in wise ways. Lengthening the hamstrings along with the calves, buttocks and lower back gives us the ability to move freely and reduces the likelihood of injury to both the knees and spine.

19h30 - 21h30: Candlelight Restorative to Stay Grounded with LOUISE

Coming back to our link with the Earth really allows to go deep inside ourselves and take a step back on what surrounds us. This class will start with a short meditation about the root chakra, breathing exercises to find a more even state, and focus on deep forward folds / hamstring / hips opening to release tensions and emotions that tend to remain blocked inside the body.



ASHTANGA YOGA PARIS

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Urban Retreat - Ashtanga Yoga Chikitsa

Detailed programme

Thursday, December 28th

9h30 - 12h00: Kriya, Pranayama & Guided Yoga Chikitsa with LINDA & GÉRALD

We will again start with Kriya and Pranayama. Then we will be guided through a portion of the Ashtanga Primary Series in a slow and progressive manner going further than we did on the first day.

13h30 - 16h30: Yoga Sutras & Yoga for the Neck, Upper Back & Shoulders with LINDA & GÉRALD

Again, we'll chant some of the verses of the Yoga Sutras in Sanskrit and then discuss their meanings and how to use their wisdom on a daily basis. After this, we will delve into how to keep our neck, upper back and shoulders safe in the Ashtanga practice. As well as discover asanas that can relieve tightness or stress in these areas.

19h30 - 21h30: Candlelight Yin for Recovery with LOUISE

After hard work, the body and the mind need to find release. The fascia in your body needs to recover. This class will start with a meditation about gratitude towards ourselves and how our body and mind are capable, then breathing exercises to slow down the mind and the nervous system. Finally, we will do specific stretches to release the body after effort in order to find a calm and quiet night of sleep.



ASHTANGA YOGA PARIS

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Urban Retreat - Ashtanga

Yoga Chikitsa

Detailed programme

Friday, December 29th

9h30 - 12h00: Kriya, Pranayama & Mysore (or Intro to Mysore) with LINDA & GÉRALD

We will again start with Kriya and Pranayama. Then we will do a Mysore Self-Practice. This is the ideal way to be able to do Ashtanga according to your very own breath and body's needs. If you haven't practiced Mysore Style Ashtanga, then you will be introduced to this method of practicing.

13h30 - 16h30: Yoga Sutras & Yoga for the Spine with LINDA & GÉRALD

We'll chant the Yoga Sutras and then choose which ones we'll discuss.

After this, we will delve into how to do the spinal twists and back bending poses of the Primary Series in detail so that we receive all the healing benefits of squeezing and detoxifying the internal organs and rehydrating the spinal discs.

19h30 - 21h30: Restorative Release for the heart with Louise

It is not random if we consider that the heart is the center of love. By opening this area, we really give our body a new rejuvenating energy that we can use for ourselves and spread all over. After a meditation on the heart chakra and how we can serve the others, we will hold long poses in heart-opening postures to expand our lungs and thoracic cage in order to breathe more freely. We will end the practice by some breathing practice to come back to a calm and steady breath before to go to bed.



ASHTANGA YOGA PARIS

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Urban Retreat - Ashtanga Yoga Chikitsa

Detailed programme

Saturday, December 30th

9h30 - 12h00: Kriya, Pranayama & Guided Yoga Chikitsa with LINDA & GÉRALD

We will again start with Kriya and Pranayama. Then we will be guided through a portion of the Ashtanga Primary Series in a slow and progressive manner going further than we did on the second day.

13h30 - 16h30 : Yoga Sutras & Ashtanga Inversions with LINDA & GÉRALD

As in the previous days, we'll chant and learn more about certain Sutras. Then we'll learn the best ways to do the finishing sequence so that we gain all the healing benefits from being inverted (upside down) without the potential stress on the neck. The main focus will be the Shoulder Stand and the Head Stand but we may also have fun with some others!

19h30 - 21h30: Movie night & Indian food ! with LOUISE

We will order some yummy Indian food and prepare some chai before to watch a movie we will pick together. :)



ASHTANGA YOGA PARIS

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Urban Retreat - Ashtanga

Yoga Chikitsa

Detailed programme

Sunday, December 31st

10h30 - 13h00: Kriya, Pranayama & Mysore (or Intro to Mysore) with LINDA & GÉRALD

We will again start with Kriya and Pranayama. Then we will do a Mysore Self-Practice. This is the ideal way to be able to do Ashtanga according to your very own breath and body's needs. If you haven't practiced Mysore Style Ashtanga, then you will be introduced to this method of practicing.

21h00 - 00h00 : Lastly, New Year's Eve Resolutions for Evolution with LINDA & GÉRALD - (NO CHARGE, BRING FAMILY & FRIENDS)

Beginning a brand-new year is an opportunity to reflect on the previous one and plant nourishing seeds for the year to come. We'll participate in soothing asana, pranayama, mindfulness and silent self-reflection to go deep inside and find our 'sankalpa' for 2024! Sankalpa means an intention formed in the heart to harness the will-power to aid us to evolve. There is no charge, just bring a juice or snack to share as we consciously celebrate the coming of the New Year! Start the year off with positive affirmations, the support of the yoga community and your closest friends and family. Everyone is welcome, not only those taking the workshops.



ASHTANGA YOGA PARIS

www.ashtangayogaparis.fr

New Year's Eve Resolutions for Evolution
with Ashtanga Yoga Paris

Sunday, December 31st
from 9pm to midnight

(NO CHARGE, BRING FAMILY & FRIENDS)



ASHTANGA YOGA PARIS

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ASHTANGA YOGA PARIS

Urban Retreat - Ashtanga Yoga Chikitsa

Workshops & New Year's Eve with Linda & Gérald, Evening Classes & Events Hosted by Louise

December 27th - 31st

Please fill in and send with full payment:

FULL NAME:

FULL ADDRESS:

PHONE NUMBER:

EMAIL ADDRESS:

PRICE OPTIONS

- | | |
|--|--|
| <input type="checkbox"/> 420€ - WHOLE WORKSHOP | <input type="checkbox"/> 540 € - WHOLE WORKSHOP + 6 nights at the studio |
| <input type="checkbox"/> 7 - 12 sessions - 40€ per session * | <input type="checkbox"/> 2 crosses on your class card per session * |
| <input type="checkbox"/> 1-6 sessions - 45€ per session * | |

*Please indicate the session(s) you're attending:

- | | | | | |
|--|---|--|--|---|
| <input type="checkbox"/> Wed. Dec 27th 9.30-12.00 | <input type="checkbox"/> Thur. Dec 28th 9.30-12.00 | <input type="checkbox"/> Fri. Dec 29th 9.30-12.00 | <input type="checkbox"/> Sat. Dec 30th 9.30-12.00 | <input type="checkbox"/> Sun. Dec 31st 10:30-13:30 |
| <input type="checkbox"/> Wed. Dec 27th 13.30-16.30 | <input type="checkbox"/> Thur. Dec 28th 13.30-16.30 | <input type="checkbox"/> Fri. Dec 29th 13.30-16.30 | <input type="checkbox"/> Sat. Dec 30th 13.30-16.30 | <input type="checkbox"/> Sun. Dec 31st 21:00-00:00
(New Year's Eve - Free session) |
| <input type="checkbox"/> Wed. Dec 27th 19.30-21.30 | <input type="checkbox"/> Thur. Dec 28th 19.30-21.30 | <input type="checkbox"/> Fri. Dec 29th 19.30-21.30 | <input type="checkbox"/> Sat. Dec 30th 19.30-21.30 | |

PAYMENT OPTIONS

- Online: Secure payment by credit card (only FULL workshop registration).
Visit: <https://www.ashtangayogaparis.fr/2023-urban-retreat/>
- Bank transfer: Please contact us [HERE](#) 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.

