

YOGA WEEKEND TO IGNITE YOUR BODY'S INNER INTELLIGENCE

with Ron Reid and Marla Meenakshi Joy

September 27 & 28
Golfe Juan, South of France



ASHTANGA YOGA PARIS

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Saturday September 27th

10:00 - 12:00

STAND TALL - FINDING YOUR PILARS IN STANDING POSES

Standing poses help us to build Sthira or stamina and stability and therefore form the foundation of our asana practice. They also help to both build strength and increase flexibility in our legs. In this workshop we will learn the basics for adjusting all standing poses by focussing on key principles of alignment that will enhance your ability to find your "ground" in standing postures, in body, mind and breath!

Saturday September 27th

13:30 - 15:30

HIPS & TWISTS

A lot of poses, as well as everyday activities, require us to be open in our hips.

The hips are also the "seat" of emotions.

By understanding and finding preparations that allow us to specifically focus on this area and release it, we can move to a deeper awareness in our bodies and in our practice, and release stress in the spine.

Twists rotate the spine and stretch the muscles of the back. This helps to restore and retain the spine's natural range of motion and helps us to "return to homeostasis."



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Sunday September 28th

10:00 - 12:00

BACKBENDS - DEEPER & SAFER

In order to liberate our energy in backbends, we first need to discover ways of working that allow us to find balance through the whole body. This requires stabilizing and strengthening in some areas and extending and opening other areas. We will be exploring some of the poses from 2nd and 3rd Series (with lots of modifications) as they contain all of the components necessary for developing both deeper and more balanced backbends. This can also lead us to the exploration of dropping back and standing up!

Sunday September 28th

13:30 - 15:30

DIVE DEEP - RESTORATIVE & YOGA NIDRA

Come and take a journey into the depths of your soul! Our adventure begins with meeting yourself inside of healing Restorative Postures, culminating into a blissful guided Yoga Nidra practice!

We will close out of practice with some sweet intention setting chanting...For all levels!



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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 July 31st, 2025

☐ WHOLE WORKSHOP - 180€

NORMAL REGISTRATION
if paid from August 1st, 2025

☐ WHOLE WORKSHOP - 200€

INDIVIDUAL SESSIONS

priority will be given to those who sign up for the whole workshop

☐ Sat. 10:00 - 12:00 - 55 €

☐ Sun. 10:00 - 12:00 - 55 €

☐ Sat. 13:30 - 15:30 - 55 €

☐ Sun. 13:30 - 15:30 - 55 €

PAYMENT OPTIONS

☐ Online: Secure payment by credit card (only FULL workshop registration).

Visit: <https://www.ashtangayogaparis.fr/2025-ron-marla-golfe-juan>

☐ 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.
