



ASHTANGA YOGA PARIS

Yoga Retreat



with

Linda Munro & Alick Tsay

June 16-20, 2027.

Yoga Retreat

June 16-20, 2027.



We are happy to organize this yoga weekend outside the busy-ness of city life where we can rest and regenerate! The chateau is located in the middle of vineyards, woods and small valleys in the region of Nouvelle-Aquitaine.

Enjoy fresh, nourishing vegetarian meals that will replenish both body and soul. Linda and Alick, accomplished yoga instructors, will generously share their expertise, guiding you through a weekend of relaxation and revitalization. You'll return to the city feeling centered and enthusiastic in your daily life.

A weekend to settle down, ground yourself, (re)find your balance, deepen your body awareness and reach new levels in your practice. Accessible to all levels.

We will explore different aspects of Ashtanga Yoga, Pranayama & The Yoga Sutras

Yoga Retreat

June 16-20, 2027.



5 days to settle down, ground yourself, (re)find your balance, deepen your body awareness and reach new levels in your practice with two teachers :
Linda Munro & Alick Tsay.

**22 HOURS OF YOGA
FOR ALL LEVELS**

Yoga Retreat

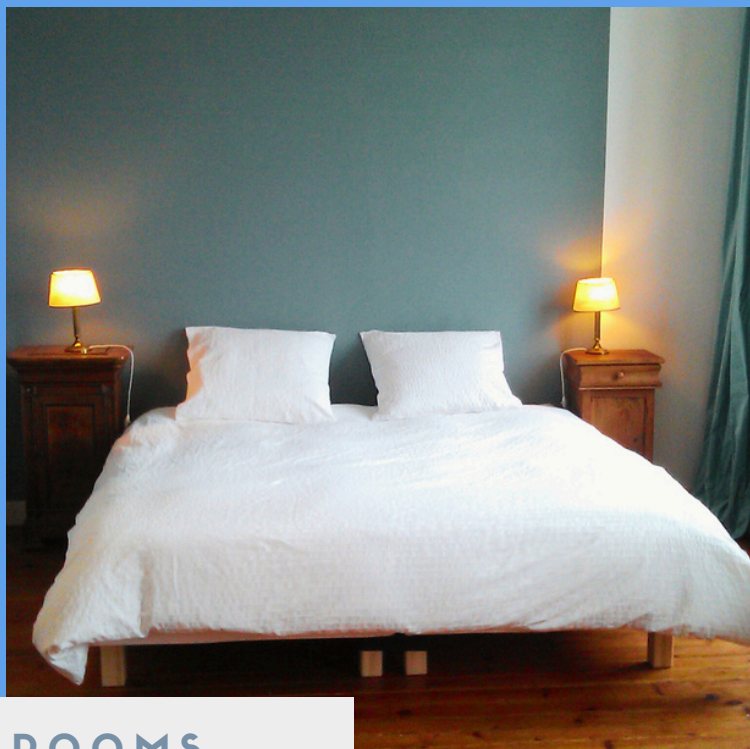
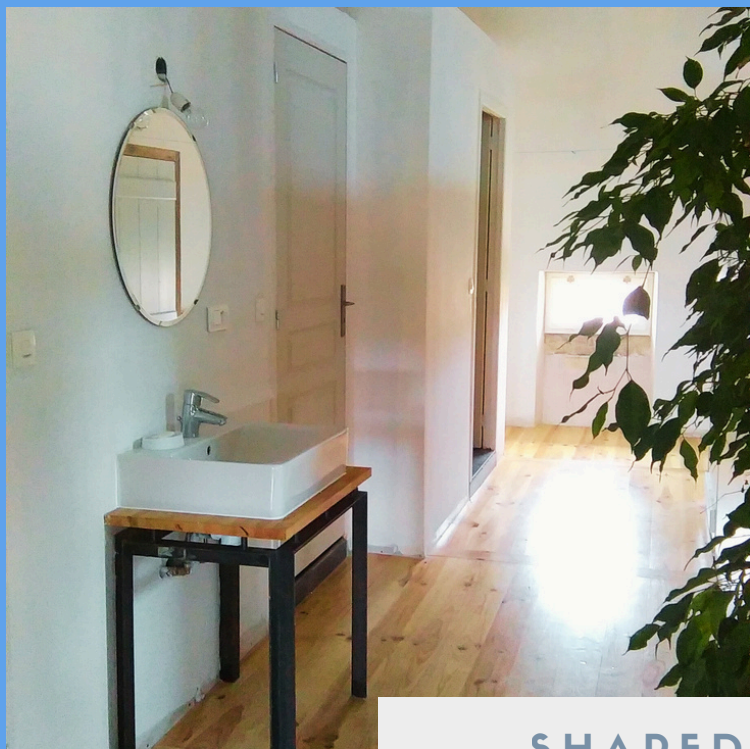
June 16-20, 2027.

The chateau is nestled amidst vineyards, woods, and small valleys in the picturesque Nouvelle-Aquitaine region of France, halfway between Cognac and Angoulême and just 10 km from Jarnac.



Le Dojo du Plessis is conveniently located from Paris: 1 hour 45 minutes by TGV to Angoulême then a 30 minutes shuttle bus.





SHARED ROOMS
OR INDIVIDUAL



Yoga Retreat

PROGRAM

WEDNESDAY 16/06

18h30 : Opening Circle + dinner

20h30 - 21h30 : Soft practice

THURSDAY 17/06

8h00 - 11h00 : Kriya, Pranayama and Asana

11h15 : Brunch & free time

16h00 - 18h00 : Healthy hips - Special class on hamstrings and hips

18h30 : Dinner

20h30 - 21h30 : Yoga Sutras, meditation and restorative yoga

FRIDAY 18/06

8h00 - 11h00 : Kriya, Pranayama and Asana

11h15 : Brunch & free time

16h00 - 18h00 : Healthy back - Special class on backbending and twists

18h30 : Dinner

20h30 - 21h30 : Yoga Sutras, meditation and restorative yoga

SATURDAY 19/06

8h00 - 11h00 : Kriya, Pranayama and Asana practice

11h15 : Brunch & free time

16h00-18h00 : Strength and fluidity : Transitions and arm balancing

18h30 : Dinner

20h30 - 21h30 : Yoga Sutras, meditation and restorative yoga

SUNDAY 20/06

8h30 - 11h30 : Kriya, Pranayama and Asana practice

11h30 : Brunch



Yoga Retreat

PRICE AND RESERVATION

- Early Bird : **650€** / shared double room (280€ deposit before 15/02/2027)
- Normal : **690€** / shared double room (280€ deposit from 16/02/2027)
- Individual room with shared bathroom (upon availability) + 70€
- Individual room with private bathroom (upon availability) + 125€

The price includes :

- 3 practices per day with 2 teachers
- vegetarian meals
- bedrooms
- pool and bikes

Extra :

Japanese bath et sauna

Extra : Shuttle service from Angoulême station (reservation required)

To reserve :

Please fill out the registration form and submit the deposit by check made payable to "Le Dojo du Plessis" or in cash.

Deliver to:

Ashtanga Yoga Paris,
40 Avenue de la
République, 75011 Paris.



Your Teachers

About Linda

Linda took her first yoga class in 1995 in Toronto, Canada. She's been teaching since 2002, opened Ashtanga Yoga Paris in 2004 and started teaching teachers in 2008. She believes that the practice of "yoga" is continuous; the practice does not stop when you roll up the yoga mat. The practice of yoga includes the way you live your life, the way you relate to your family, friends, co-workers and to the strangers on the street. This is the life long practice of developing yogic awareness.

About Alick

Balancing the fast-paced world of architecture with the mindful lifestyle of yoga, Alick embodies the essence of an "urban yogi." Having started his yoga journey over 10 years ago, Alick has used his practice to heal his own body, from flat feet to back pain. With 500 hours of advanced training under renowned teachers Linda and Gerald, Alick has been sharing his love of yoga at AYP since 2017. His teaching is infused with his love for architecture, often blending analogies from his professional world into his classes, adding humour and depth. Some of his jokes land perfectly, others... not so much. But no matter the outcome — everyone always leaves with a smile.





ASHTANGA YOGA PARIS

YOGA RETREAT

with Linda Munro and Alick Tsay

June 16-20, 2027

Please fill in and send with full deposit:

FULL NAME:

FULL ADDRESS:

PHONE NUMBER:

EMAIL ADDRESS:

PRICING

Early Bird (before before February 15, 2027) :

☐ Workshop: 650€ Deposit 280€

**shared rooms, meals, swimming pool and bike rides are included in the price*

Normal (from February 16, 2027):

☐ Workshop: 690€ Deposit 280€

ROOMS WITH EXTRA PRIVACY (upon availability)

- ☐ Individual room with shared bathroom : +70€
- ☐ Individual room with private bathroom : +125€

OTHER BONUSES

- ☐ Japanese bath 15€ per day
- ☐ Sauna 15€ per day
- ☐ Shuttle Angoulême Train Station - Du Plessis Retreat Centre: 12€ per trip (provided your train is with the group - individual transport will be higher)

PAYMENT OPTIONS

- ☐ Check (check labelled to "Le Dojo du Plessis") Amount enclosed: _____€
- ☐ Cash to mail or deposit at Ashtanga Yoga Paris, 40 avenue de la République, 75011 Paris - Amount enclosed: _____€

***An admin fee of 30 euros will be deducted for cancellations made more than 21 days before the workshop.**

***The sum paid is non-refundable 21 days before the workshop.**

***Remaining to be paid in cash upon arrival at retreat.**

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.