

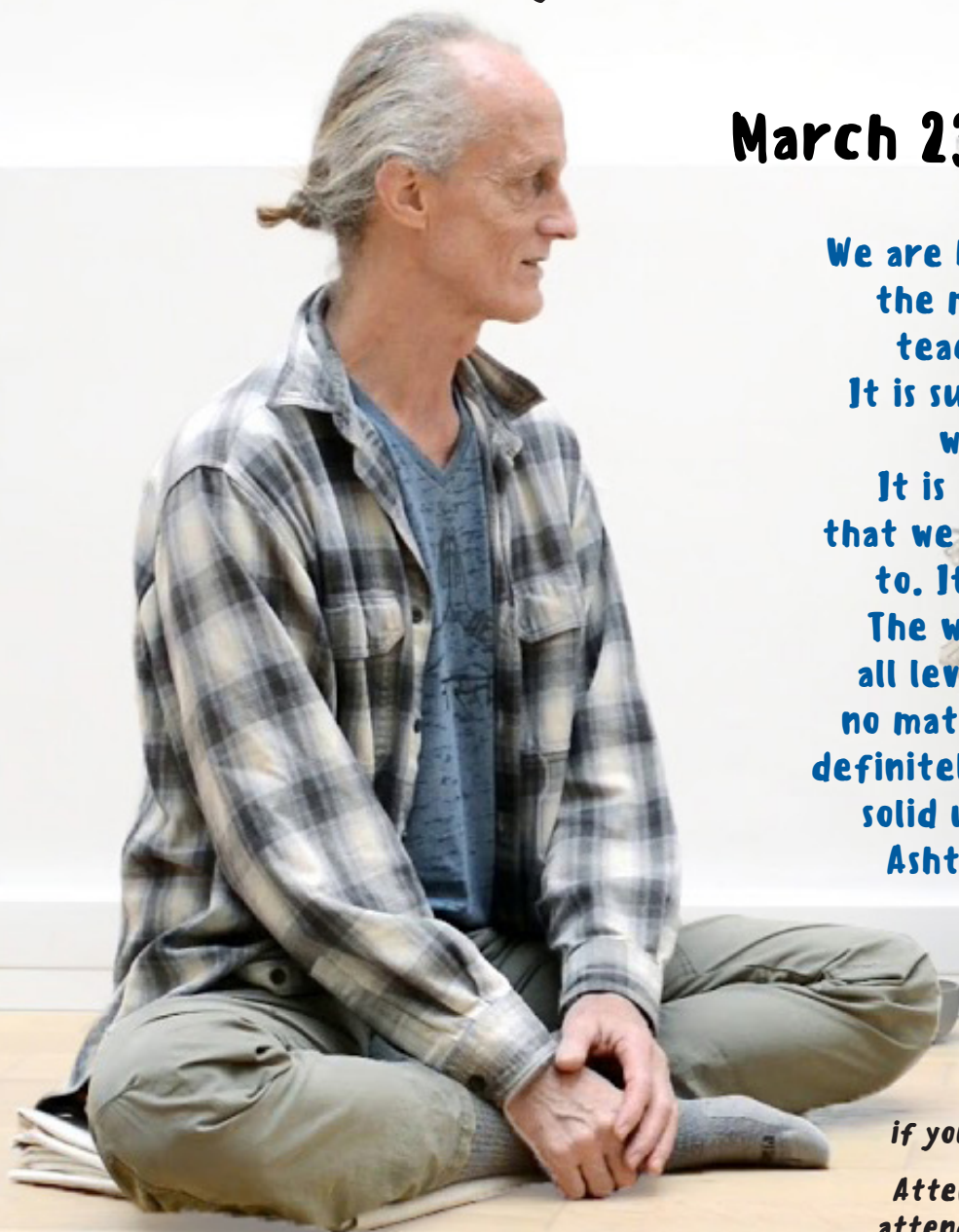


ASHTANGA YOGA PARIS

# sama ashtanga yoga

*ashtanga intensive*

*with Chuck Miller*



**March 23rd – 29th, 2019.**

**We are honored to have one of the most senior Ashtanga teachers back to Paris.**

**It is such a blessing to study with Chuck Miller!**

**It is a special opportunity that we are all looking forward to. It is not to be missed!**

**The workshops are open to all levels of practitioners – no matter your level you will definitely come out with a more solid understanding of the Ashtanga Yoga practice.**

***Attend just the first two days if you are NEW to Chuck's teachings.***

***Attend on a drop in basis if you have attended Chuck's Intensive recently.***

***Attend all seven days; recommended, even if you have attended before!***

**10 % Early Bird Discount**

*before January 1st 2019*

Full intensive: 630 €

7 – 13 sessions: 48 € per session

1 – 6 sessions: 52 € per session

## Prices

**Normal**

*after January 1st 2019*

Full intensive: 700 €

7 – 13 sessions: 54 € per session

1 – 6 sessions: 58 € per session



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## March 23rd – 29th, 2019.

Morning Practice 9h30 – 12h00:

Conducted Style with a focus on finding Samasthiti in every pose. We will start slowly and go in deep, developing a common vocabulary and an understanding of basic alignment.

Protective actions (bandhas) will be taught to create stability, elongation and a healthy range of motion. The objective is to learn a sustainable way, for a long life time of practice.

Day by day we will work our way further through the Ashtanga Yoga sequence.

The focus will be less on how far or how fast we go but rather on understanding the essential inner forms that are always present in every part of this great practice.

Knowing those essential inner forms you can find your way in any part of the practice, in any series, any style.

Afternoon Clinics 13h30 – 16h30:

We will start after our lunch break with an opportunity for questions and answers, and time to digest our lunch and to investigate what we learned in the morning. Challenges observed in the Morning Practice will be opened up and explored in a way not possible in a regularly paced class.

Bring your questions, an open mind and a willingness to look at this great practice in a new way.

***"I hold the thought they we can all learn from each other, that in fact we are all in this journey together. We share the same planet, the same water, the same air, the same desires for peace and happiness. That the vibrations we create affect all creatures, everywhere. Every breath we take has a spirit and in our practice we share those vibrations. They are our contributions to the health of the whole. The whole Body/Mind, the whole class, the whole community, the whole world! And that this idea is central in the teachings and practice of yoga. "Namaste/Namaskara" reflects this. We "NAMA," bow down, in mutual respect for each other and in awe of the miracle that we all share!!! The difference between us all is not the important thing to focus on but rather the same-ness. This relates to this idea of 'Sama!'."***

**- CHUCK MILLER -**





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**March 23rd – 29th, 2019.**

Please fill in and send with full payment :

Ashtanga Yoga Paris  
40 avenue de la République  
75011, Paris

+33 (0)1 45 80 19 96  
www.ashtangayogaparis.fr  
info@ashtangayogaparis.fr

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Telephone: \_\_\_\_\_  
E-mail: \_\_\_\_\_

**Price Options** (Please mark below the sessions you will be attending):

**10% Early bird discount**  
(before January 1st 2019)

**Normal registration**  
(after January 1st 2019)

- FULL WS: **630 €**
- 7 - 13 sessions: **48 € per session**
- 1 - 6 sessions: **52 € per session**

- FULL WS: **700 €**
- 7 - 13 sessions: **54 € per session**
- 1 - 6 sessions: **58 € per session**

**If you have chosen individual sessions, please mark below:**

**MORNING:**     March 23    March24    March25    March26    March27    March28    March29

**AFTERNOON:**    March 23    March24    March25    March26    March27    March28    March29

**PAYMENT OPTIONS** (Priority goes to those signing up for the whole workshop):

- Online:** Secure payment by credit card (only FULL workshop or WEEKEND registration).  
Visit: [www.ashtangayogaparis.fr/2019-chuck-miller](http://www.ashtangayogaparis.fr/2019-chuck-miller)
- Bank transfer:** Please contact us for instructions and our bank details.
- Check** (check labelled to "Ashtanga Yoga Paris") --- Amount enclosed: € \_\_\_\_\_
- Cash** --- Amount enclosed: \_\_\_\_\_ €

**CANCELATION POLICY:**

- Payments of 25 euros or less are non-refundable.
- An admin fee of 25 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.*