



ASHTANGA YOGA PARIS

ASHTANGA WEEKEND

with David Swenson

November 1st - 3rd , 2019

David's introduction to Ashtanga came in 1973 when he met David Williams and Nancy Gilgoff in Encinitas, California. In 1975 David and Nancy brought K. Pattabhi Jois to the U.S. for the first time and Swenson was fortunate enough to be there. Swenson made his first trip to Mysore in 1977. He is one of a very small number of people worldwide that have learned the entire Ashtanga system including all asana sequences and pranayama as it was originally taught by K. Pattabhi Jois. David is recognized today as one of the worlds foremost practitioners and instructors of Ashtanga Yoga. He has traveled to over 50 countries in his 40 years of sharing his knowledge of the system.

10% off Early Bird price

before June 30th 2019

Whole Workshop:

280€

Individual Sessions:

50€ per session

Normal Price

after June 30th 2019

Whole Workshop:

312€

Individual Sessions:

55€ per session

Prices



ASHTANGA YOGA PARIS

ASHTANGA WEEKEND

with *David Swenson*

November 1st - 3rd , 2019

Friday November 1st

ASHTANGA YOGA: AN INTRODUCTION | EXPLORING THE FUNDAMENTALS | 6:30 pm - 8:30 pm

This class is an introduction to Ashtanga Yoga. It is open to all levels of experience or lack there of. The building blocks of Ashtanga Yoga will be explored through the basic elements of Breath, Bandhas and Vinyasa. There will be a short discussion followed by an introductory flow through an abbreviated sequence from the First Series. The class will end with a guided deep relaxation.

Saturday November 2nd

ASHTANGA'S GREATEST HITS | PLAYING THE EDGE AND ENJOYING THE RIDE | 9:30 am - 11:30 am

Curious about some of the more intricate or advanced asanas but have felt intimidated by them or uncertain about how to approach them in your practice? Then this class is for you!

David will take the group on a special guided tour of select asanas from the Primary, Intermediate and even from the Advanced Series of asanas. If you are not familiar with the more challenging postures there is no need to be scared of them! David has an amazing ability to break down the essence and energetic foundation of any asana to allow practitioners of all levels to feel comfortable and confident when exploring realms of the practice that they find most challenging. There are always plenty of safe and sensible alternatives offered so that the student may utilize the most comfortable approach for their particular level. David's classes are always full of valuable information as well as plenty of laughter and joy.

SO YOU THINK YOU CAN BALANCE? | A FUN-FILLED EXPLORATION OF NOT FALLING OVER | 1:00 pm - 3:00 pm

Whether standing on our feet, hands, head or any other body part balance can be one of the most challenging aspects of practice. David will share his personal insights and methods of finding balance in an unstable world. The class will contain partner work as well as individual pursuits of balance in an array of asanas. Interestingly there are many parallels between the techniques used for physically balancing in our body and also in finding balance in our life. David has an amazing ability to convey complex ideas in a simple, fun and practical way. Regardless of what system of yoga one does there is sure to be a wealth of knowledge gained from this class that can be applied on the mat and in life!

Falling Is Optional!

PLEASANT PURSUITS OF PERSONAL PRACTICE | YOGA FOR LIFE WITH DAVID SWENSON | 4:00 pm - 5:30 pm

Avoiding Injury, Seeking Depth and Enjoying the Ride.

One of the greatest challenges in Yoga is not the creation of a practice but rather the maintaining of a practice over a long period of time. It is quite easy to get something started or to demolish it but maintenance is the real challenge. In this class David will offer simple, down-to-earth concepts, tools and techniques for maintaining and growing a practice for a lifetime. Life can become overwhelming and it is easy to lose the time for practice and even lose motivation to get on the mat. Acknowledging this dilemma David will offer techniques for the individual to build an effective personal practice within the constraints of a busy life. Using a basic concept of creating a Minimum Daily Practice of 15 – 30 minutes as a foundation to build upon the students will leave with tools to develop their own routine to suit their special circumstances and needs. Whether new to yoga or a seasoned practitioner this class is sure to inspire, encourage and empower all that attend! There will be partner work, sharing and practical applications presented. This is a great class, if you can find the time to attend!



ASHTANGA YOGA PARIS

ASHTANGA WEEKEND

with David Swenson

November 1st - 3rd , 2019

Sunday November 3rd

FULLY LED PRIMARY SERIES FLOW | DANCING WITH THE BREATH IN A FIRST SERIES RHYTHM | 9:30 am - 11:30 am

This class is designed for those already familiar with the First Series of Ashtanga Yoga yet it is open to all levels of proficiency from the daily-practicing aficionados to the novice fit-it-in-when-I-can weekend warriors and everyone in between. The class will be conducted like a choreographed dance flowing along all of the way from the opening sun salutations to the closing savasana. David will spend time at the beginning of class to introduce alternatives to some of the more challenging asanas as well as offer user-friendly vinyasa options. There will be time at the end of the flow to enjoy a soothing, deep relaxation.

Required Items: Mat and Breath

FLYING FLOATING AND HANDSTANDING | A FUN-FILLED EXPLORATION OF VINYASA AND ARM-BALANCES | 1:00 pm - 3:00 pm

One of the greatest challenges of the Ashtanga flow is the vinyasa. In this class David will break the vinyasa down into its basic components. He likes to refer to this as: "The Physics of Flight". Participants will explore techniques for creating greater lightness and efficiency of practice while using less effort to achieve greater ease.

The class will also explore the elements of handstands and arm-balances. It is common to feel intimidated or even frightened by balancing on our hands. David will address this issue and offer techniques and practical methods of approach to allow for greater confidence and ability that can be carried away and applied within a personal practice. This will all be done through the avenue of insightful and simple methods he has designed through decades of practice and teaching others. There will be partner work as well as individual techniques offered. There is always plenty of laughter and fun as well as a depth of information David's classes. All levels may attend even if you have never done a handstand before. Alternatives are always given.

Come and Experience the Joy of Flight!

LIFE, LOVE AND LIVING WITH PURPOSE | SEEKING A PATH, BUILDING DREAMS AND FINDING PEACE | 4:00 pm - 5:30 pm

David will share Stories, Anecdotes and Insights gained over his more than 40 years of yoga practice and pursuits of spiritual life, love, health and adventure. David is a witty, humorous and inspiring storyteller. His life is filled with colorful, sometimes wild, sometimes sad, sometimes hilarious and always entertaining pursuits of knowledge of the world around him and the wonders that reside within us all. Within his tales of travel, fasting, chanting, seeking, studying, laughing and crying there is always a thread of sincerity of purpose that anyone seeking greater meaning of life can relate to and possibly even gain tools of insights of their own from the mistakes, successes, failures, triumphs and bumps along the road of life that David shares with honesty and heart-felt sincerity.

Buckle Up It's a Wild Ride!



ASHTANGA YOGA PARIS

ASHTANGA WEEKEND

with David Swenson

November 1st - 3rd , 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 June 30th 2019)

- FULL WS: **280 €**
- Friday session: **50 €**
- Saturday 9:30 am session: **50 €**
- Saturday 1:00 pm session: **50 €**
- Saturday 4:00 pm session: **50 €**
- Sunday 9:30 am session: **50 €**
- Sunday 1:00 pm session: **50 €**
- Sunday 4:00 pm session: **50 €**

Normal registration
(after June 30th 2019)

- FULL WS: **312 €**
- Friday session: **55 €**
- Saturday 9:30 am session: **55 €**
- Saturday 1:00 pm session: **55 €**
- Saturday 4:00 pm session: **55 €**
- Sunday 9:30 am session: **55 €**
- Sunday 1:00 pm session: **55 €**
- Sunday 4:00 pm session: **55 €**

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

- Online:** Secure payment by credit card (only FULL workshop registration).
Visit: www.ashtangayogaparis.fr/2019-david-swenson
- 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.