

DAVID SWENSON

WEEKEND WORKSHOP

APRIL 14TH, 15TH AND 16TH 2017

David Swenson began practicing yoga in 1969 at the age of 13. 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 world's 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.



Price

Early bird price (before December 1st 2016): 280 euros or 50 euros per session

Normal price (after December 1st 2016): 315 euros or 55 euros per session

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Friday evening: 6:30 – 8:30 pm

ASHTANGA YOGA - Exploring the **FUN**damentals

This class is an introduction to Ashtanga Yoga open to all levels of experience or lack there of. The building blocks of Ashtanga Yoga will be explored through what David refers to as The Five Elements of Practice; Breath, Bandhas, Drishti, Asana and Vinyasa. After the short discussion David will conduct an introductory flow through an abbreviated sequence from the First Series. This is a great way to gain a taste of Ashtanga under the guidance of one of the world's most renowned and compassionate instructors.

If you are curious to know more about this dynamic and flowing system then come and join David for a fun, flowing, user-friendly adventure into the basics of Ashtanga Yoga.

*Cautionary Note: You might actually enjoy it!

Saturday: 9:30 - 11:30 am

Half Primary - Half of the practice with all of the **fun!**

This class is designed for those wanting a softer more gentle experience of Ashtanga. The pace is slower than a standard flow and vinyasas will be left out between right and left sides. The class will move about one half of the way through the First Series including finishing postures and at about half of the normal speed and then slide right into a guided deep relaxation to round out the experience. David will offer plenty of alternatives for the vinyasas and asanas in order to make the class accessible to All Levels of practitioner. This class is a great way to experience the flow of Ashtanga while moving at a nice mellow pace.

Saturday: 1:00 – 3:30 pm

FLYING FLOATING AND HANDSTANDING - A Fun-filled exploration of Vinyasa and Arm-balances

One of the greatest challenges of the Ashtanga flow is the vinyasa. In this class David will break the vinyasa down into its components. He likes to refer to this as: "The Physics of Flight". The class will also explore the elements of handstands and arm-balances.

This will all be done through the avenue of partner work. There is always plenty of laughter and fun as well as a depth of information in this class. All levels may attend even if you have never done a handstand before. Alternatives are always given.

Saturday: 4:00 – 5:30 pm

Life, Love and Living With Purpose - Seeking A Path, Building Dreams and Finding Peace

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!

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Sunday: 9:30 – 11:30 am

NADI SHODANA / A GUIDED TOUR

An Introduction to the Intermediate Series of Ashtanga Yoga

Students should have a regular practice of the First Series in order to attend this class. There will be an introductory discussion of the dynamics inherent to the Second Series. David will then lead the class through a portion of First Series acting as a springboard into as much of the Second Series as seems appropriate. There will be a variety of options given for each posture in order to allow multiple approaches.

Sunday: 1:00 - 3:30 pm

Really Hip Openings for the Hips - A Pleasant Exploration of Gentle Methods To Open the Hips

Tight hips can cause problems in other areas such as the knees and back. David has devised an approach of exploring the hips through slow and gentle movements, stable holding of postures and deep breathing which all combine to bring greater openness to the hips without forcing or pushing. To create stability David will share methods of activating one area in order to relax another. This balanced approach is both safe and effective and can be applied to other regions of the body as well. As always, David will manage to make this enjoyable experience.

Bring Those Tight Hips In For a Tune-Up!

Sunday: 4:00 - 5:30 pm

EIGHT LIMBS AND DAILY LIFE

How does this practice apply within the context of daily living?

Underlying the mysterious and complex philosophy of Patanjali's Yoga Sutras there is a truly profound simplicity that may be applied within the context of our daily lives. This class will discuss the Eight Limbs of Ashtanga Yoga and explore their applications within our day-to-day life. What is the use of Philosophy without real application? We may memorize quotations or stanzas from great writings but unless we can apply them within our life they are merely words spoken rather than knowledge realized.



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**Please fill in and send with 50% deposit (check labelled to "Ashtanga Yoga Paris"):
The remaining 50% can be paid at the workshop.**

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:

Please indicate what you are registering for
below:

**Early bird registration (if deposit paid before
December 1st 2016)**

- Full workshop: 280 euros
- Friday 6:30 pm session: 50 euros
- Saturday 9:30 am session: 50 euros
- Saturday 1:00 pm session: 50 euros
- Saturday 4:00 pm session: 50 euros
- Sunday 9:30 am session: 50 euros
- Sunday 1:00 pm session: 50 euros
- Sunday 4:00 pm session: 50 euros

**Normal registration (if deposit paid after
December 1st 2016)**

- Full workshop: 315 euros
- Friday 6:30 pm session: 55 euros
- Saturday 9:30 am session: 55 euros
- Saturday 1:00 pm session: 55 euros
- Saturday 4:00 pm session: 55 euros
- Sunday 9:30 am session: 55 euros
- Sunday 1:00 pm session: 55 euros
- Sunday 4:00 pm session: 55 euros

Priority goes to those signing up for the whole workshop.

Please indicate the amount enclosed: _____ €

check cash bank transfer

CANCELLATION POLICY: Only half of the deposit will be returned 21 days before the workshop. Deposit non-refundable 14 days before workshop. An admin fee (25 euros) will be deducted for return of payments made by bank transfer. We suggest you only pay 50% up front so that if you have a last minute cancellation you will only lose half the cost of the workshop. We don't accept transferring of a paid reservation to another person after 3 weeks before the workshop.

We advise to those coming from out of Paris to purchase travel insurance.

Please sign and date in acknowledgement of the cancellation policy above.