



ASHTANGA YOGA PARIS

INTRO TO MYSORE STYLE PRACTICE

with Jinjur Van Vogelpoel

mondays (4 weeks)

FROM MAY 28TH UNTIL JUNE 18TH 2018

8.00 AM - 09.15 AM

It is an unique opportunity for those
that would like to integrate the
Mysore style to their
Ashtanga Practice!

During these 4 weeks we will meet
once per week where we will learn
the keys of the Mysore practice,
traditional version of the Ashtanga
Yoga that aims towards cultivating
a life-long-self-practice and
commitment with yourself!

PRICES (WHOLE WORKSHOP)

80 EUROS OR 7 CROSSES
ON A VALID CLASS CARD

50 EUROS
FOR THOSE TAKING THE MYSORE
CHALLENGE OR WITH A VALID
1 YEAR OR 6 MONTH CARD

PRICE PER session

23 EUROS OR 2 CROSSES
ON A VALID CLASS CARD

15 EUROS

FOR THOSE TAKING THE MYSORE CHALLENGE OR WITH
A VALID 1 YEAR OR 6 MONTH UNLIMITED CARD



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What is Mysore Practice?

Mysore refers to the traditional way of learning ashtanga yoga as taught by Sri K Pattabhi Jois in Mysore, India. In a Mysore class students do their own practice while given individual instructions and hands on adjustments from the teacher. The student is required to memorize the sequence and over time poses will be added according to your ability, pace and body. You work closely with the teacher to develop your own practice. How far you go in the sequence is adapted to your own body, and the pace of the practice is decided by your breathing pattern.

It is only by self-practice that you progress deeper into the system of Ashtanga Yoga. By learning to listen to, and move in synchronicity with your own breath, you begin to draw in the senses and bring about a deeper sense of awareness. In this way your yoga practice will in time become like a moving you practice in a Mysore class, at home or when traveling.

Why bother memorizing the practice?

The main benefit of this is that you start to bring the senses and the mind inwards. When taking led yoga classes the mind needs to stay outward, concentrating on the instructions of the teacher. Once you know the asanas you can bring the mind inwards concentrating on the inner workings of the body and the breath more deeply and observing the quality of the mind. What's happening there?

The next main benefit we see is that it gives the opportunity to have each individual work where each individual is; following his/her own breathing rhythm rather than following a guided class which has to take into consideration the needs of the entire group.

Another of the many benefits is bringing the mind directly into your practice. Yoga technically means Union; some of the things we are aiming to unite are the body, breath and mind. Memorizing is a healthy activity for the mind and connecting the mind to the inner workings of the breath and body lead to awareness and mindfulness in all aspects of your life.



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MONDAYS | 08.00 AM TO 09.15 AM | FROM MONDAY MAY 28TH UNTIL MONDAY JUNE 18TH

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

Prices for the whole workshop

- ☐ 80 euros
- ☐ 7 crosses on a valid class card
- ☐ 50 euros euros for those taking the Mysore Challenge or with an unlimited one year or six-months card.

Price per single session

- ☐ 23 euros
- ☐ 2 crosses on a valid class card
- ☐ 15 euros euros for those taking the Mysore Challenge or with an unlimited one year or six-months card.

PAYMENT OPTIONS :

- ☐ **Online:** Secure payment by credit card (only FULL workshop registration).
Visit: www.ashtangayogaparis.fr/mysore-intro/
- ☐ **Bank transfer:** Please contact us for instructions and our bank details.
- ☐ **Check** (check labelled to "Ashtanga Yoga Paris") --- **Amount enclosed: €** _____
- ☐ **Cash** --- **Amount enclosed:** _____ €
- ☐ **Class card:** 8 crosses on a valid class card.

CANCELTION 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.

SVP datez et signez en reconnaissance de la politique d'annulation ci-dessus.