



ASHTANGA YOGA PARIS

# THE ART OF READING BODIES AND HANDS-ON ADJUSTMENTS

**MATY  
EZRATY**



This is essential training for all teachers and is also valuable for non-teachers who wish to deepen and refine their asana practice. Partner work and observation of bodies will be prime tools for learning.

July 2nd-6th  
2018  
11h00 - 16h30

**25H INTENSIVE**

*This workshop will be in English*

**Early bird price** (deposit paid before January 1st, 2018):

**530 euros**

**Normal price** (deposit paid after January 1st, 2018):

**600 euros**



ASHTANGA YOGA PARIS

# THE ART OF READING BODIES AND HANDS-ON ADJUSTMENTS

As teachers, it is essential that we refine our ability to observe our students and be equipped to help each individual move to the next level in their practice. The dual art of reading bodies and doing hands-on adjustments is fundamental for teaching yoga. In this training, we will develop our abilities to see and touch effectively. We will learn to be sensitive with our hands so we can communicate to our students tactilely as

well as verbally. In essence, we will learn to discern when a student's pose could benefit from adjustments and how to make those adjustments safely and effectively using verbal instructions, visual guidance, props, or hands-on modifications.

In an uplifting environment, Maty will explore these specific tools through a dynamic daily practice steeped in both the Ashtanga and Iyengar traditions. Meeting over the course of five days, each will include five hours of practice, instruction, and discussion. Focusing on a different theme each day, we will begin with a two-hour asana class that will be built on during the afternoon workshop.

## MATY EZRATY

July 2nd-6th  
2018

11h00 - 16h30

### 25H INTENSIVE



**The art of  
observation**

**The effective  
use of props**

**Hands-on  
adjustments**

**Modifying poses  
for individuals**

*Maty Ezraty is an inspiring teacher known for her joyful and determined approach, a keen eye for observation and a depth of knowledge steeped in over 30 years of practice. She is also a prominent figure in the evolution of modern yoga. Maty was one of the first women to study Ashtanga intensively with Sri K. Pattabhi Jois, including in Mysore, India. She was also one of the original founders of YogaWorks, where she directed and shaped the YogaWorks Teacher Training program for over 16 years. Yoga Journal has described Maty as an "innovator" and a "beacon of excellence", and she is widely revered as a "teacher's teacher".*

*Maty's practice -- and consequently, her teaching -- is steeped in both the Ashtanga and Iyengar traditions. In addition to over 25 years of dedicated Ashtanga practice (including with Sri K. Pattabhi Jois), Maty has also devoted over 27 years studying with many senior Iyengar teachers -- including Dona Holleman and Gabriella Giubilaro. She has spent several years studying Vipassana meditation at Spirit Rock and the Insight Meditation Society (IMS).*

*Maty's varied and broad perspective brings a dynamic and intelligent flavor to her teaching style.*



ASHTANGA YOGA PARIS

# MATY EZRATY

## THE ART OF READING BODIES AND HANDS-ON ADJUSTMENTS

July 2nd-6th 2018 | 11h00 -16h30

***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 indicate what you are registering for below:

**Early bird registration (if deposit paid before January 1st 2018)**

530 euros

**Early bird registration (if deposit paid after January 1st 2018)**

600 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.***