



ASHTANGA YOGA PARIS

YOGA FOR THE SHOULDERS & NECK FREEDOM & STRENGTH

| Reading bodies | Effective use of props |
| Modifications and variations |
| Common injuries | Hands-on adjustments |

*This workshop will be in English
All levels, except complete beginners*

A WEEKEND WITH

**MATY
EZRATY**

July 7th - 8th
2018
10h00 - 12h30
14h00 - 16h30



Prices:
Early bird
(before January 1st):
200€ all or
55€ single session
Normal
(after January 1st):
225€ all or
60€ single session



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MATY EZRATY

YOGA FOR THE SHOULDERS & NECK | FREEDOM & STRENGTH

JULY 7TH AND 8TH 2018

10h00 – 12h30 | **Yoga for the Shoulders & Neck - Freedom & Strength - PART 1**

The neck and shoulders are two common areas that hold tension and stress. Poor posture and life patterns contribute to tension and discomfort in these areas. In this workshop, we'll focus on strengthening and opening the shoulders to help our neck be freer. We will practice poses to open the thoracic spine region so it becomes suppler and helps our neck and shoulders relax and open.

We will look at common and popular postures taught in flow classes and use our practice to develop good habits that will help keep these areas supple, strong and healthy. You will learn the use of props and work with methods and modifications that can improve circulations and overall health for the shoulder-neck.

14h00 – 16h30 | **The Pillars of Backbends - From the ground Up**

In this workshop, we will work on the fundamental principles of back bends. We will practice using a variety of poses—from standing to seated and supine poses. With an emphasis on how to heal, strengthen, and protect the lower back, we will also explore how to move the focal point of our back bends to the middle and upper back to achieve the freedom that back bends are really all about. Learn new ways to protect yourself against common risks, overcome any obstacles, and feel completely empowered in this foundational pose. Come and rebuild your back bends from the ground up.

10h00 – 12h30 | **Yoga for the Shoulders & Neck - Freedom & Strength - PART 2**

See description on Saturday.

14h00 – 16h30 | **Twist and Cleanse - the exhilarating power of twisting**

Twists are an amazing group of poses that can be practiced in a variety of positions with multiple effects. By awakening the mid and upper back, they are powerful tools for preparing us for back bends and inversions. They are also wonderful counter poses that provide a cooling and neutralizing effect on the body and mind. In this workshop, we will explore the full range of twists—from standing, sitting, and supine, with special attention on their unique healing powers to increase awareness and mobility in the thoracic spine area. With their tremendous ability to heat and cool the body, twists are essential for detoxification and renewal.

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.



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July 7th & 8th 2018 | 10h00 - 12h30 and 14h00 - 16h30

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

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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)

- Full workshop: 200 euros
- July 7th Morning Session: 55 euros
- July 7th Afternoon Session: 55 euros
- July 8th Morning Session: 55 euros
- July 8th Afternoon Session: 55 euros

Normal registration (if deposit paid after January 1st 2018)

- Full workshop: 225 euros
- July 7th Morning Session: 60 euros
- July 7th Afternoon Session: 60 euros
- July 8th Morning Session: 60 euros
- July 8th Afternoon Session: 60 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.