



ASHTANGA YOGA PARIS

# WEEKEND WORKSHOPS

with

## RON REID AND MARLA MEENAKSHI JOY



**October 20th and 21st 2018**

**10h00 - 12h00 | 13h00 - 15h30**

*The workshop will be taught in English*

*Ch. Thomson*

### Early Registration

*(50% deposit paid before August 31st 2018)*

Full weekend: 190 €

Individual session: 50 €

### Normal Registration

*(50% deposit paid after August 31st, 2018)*

Full weekend: 200 €

Individual session: 55 €



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# **WEEKEND WORKSHOPS** with **RON REID AND MARLA MEENAKSHI JOY**

## **October 20th and 21st 2018**

**10h00 - 12h00 | 13h00 - 15h30**

**Saturday morning | 10h00 – 12h00**

**Shanti Pulse Vinyasa Class**

This class is set to the Swaha recording of “Shanti Pulse”, a 1 hour and 40-minute piece of music that uplifts and inspires the practice. In shanti pulse, peace chants weave their way through electro-acoustic ambient grooves, while Ron and Meenakshi blend elements of Ashtanga and Vinyasa Yoga into a transformative experience. The blend of prayer, pulse and trance-inducing spaces take us on a journey to find the breath and ride it into both an earthy and transcendental experience.

**Saturday afternoon | 13h00 – 15h30**

**FINISHING SCHOOL- HEAD NECK AND SHOULDERS – Headstands & Shoulderstands**  
Shirshasana, or the Headstand, has long been known as the “King of Asana’s”. By inverting the flow of oxygen rich blood to the crown of the head, and “standing tall”, the brain function is stimulated. Shoulder stand, similarly, can be considered the “Queen of Asana’s” with its nourishing effect on the thyroid, which has many overall health benefits. By balancing the work of the arms, shoulders, neck and head (in some cases requiring additional support) the significant benefits of these key finishing poses can be maximized. For the closing sequence in between these two postures, we will explore the full range of movement...that stretches, strengthens and elongates the neck and upper back.

**Sunday morning: 10h00 – 12h00**

**BACKBENDING: From the Floor UP!**

In order to liberate our energy in backbends, we first need to discover ways of working with the spine that allow us to balance its tendencies into a uniform flow. This requires stabilizing and strengthening in some areas, and extending and opening other areas. We will be exploring some of the poses from 2nd and 3rd Series, as they contain all of the components necessary for developing both deeper and more balanced backbends, as well as exploring what is needed in dropping back and standing up!

**Sunday afternoon: 13h00 – 15h30**

**Restorative Yoga, Pranayama & The 5 Koshas of Yoga - HOW DEEP IS THE WELL?**

In our effort to deepen our yoga practice it is worthwhile to consider that there are many layers to our practice. In yoga, these layers are referred to as “kosha’s “(sheaths)” or the 5 bodies. The sheaths are the ways in which we come to understand the world and harmonize it with the innermost Self. The key to developing a deep and satisfying practice is by unifying these layers and incorporating them into our physical practice.





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## October 20th and 21st 2018

10h00 - 12h00 | 13h00 - 15h30

***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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40 avenue de la République  
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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  
August 31st 2018)**

- ☐ Full workshop: 190 euros
- ☐ Morning session October 20th: 50 euros
- ☐ Afternoon session October 20th: 50 euros
- ☐ Morning session October 21st: 50 euros
- ☐ Afternoon session October 21st: 50 euros

**Normal registration (if deposit paid after  
August 31st 2018)**

- ☐ Full workshop: 200 euros
- ☐ Morning session October 20th: 55 euros
- ☐ Afternoon session October 20th: 55 euros
- ☐ Morning session October 21st: 55 euros
- ☐ Afternoon session October 21st: 55 euros

Priority goes to those signing up for the whole workshop.

**Please indicate the amount enclosed: \_\_\_\_\_ €**

☐ check ☐ cash ☐ bank transfer

**CANCELATION 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.***