



ASHTANGA YOGA PARIS

# THE ESSENCE OF PATANJALI'S YOGA SUTRAS PRANAYAMA, MEDITATION

WITH  
SUDHIR TIWARI

JUNE 1, 2, 3, 2018.

*From pranayama to meditational techniques, what does it really take to experience yoga practices?*

8h00 – 9h45

Pranayama and prep

14h30 to 17h15

Sutras

Questions | Answers

Pranayama

Meditation

EARLY REGISTRATION  
(50% DEPOSIT BEFORE MARCH  
30TH 2018)

195 EUROS (FULL WS)  
OR 75 PER DAY

LATE REGISTRATION  
(50% DEPOSIT AFTER MARCH  
30TH 2018)

225 EUROS (FULL WS)  
OR 85 PER DAY

*This workshop will be in English with G erald Disse translating into French.*

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*From pranayama to meditational techniques, what does it really take to experience yoga practices?*

Yogic practices are not merely mechanical in nature, yes we do them using the body but the experiential aspect has always been the focus of yogic practices.

In the three days we will explore this very principle from Patanjali's point of view and apply it to our practice of pranayama and meditational techniques. Often Sutras 1-4 of chapter one are gone through in a hurry, but we will look at them in a way that is far more than intellectual gymnastics.

We will practice classical pranayamic techniques from the Kaivalyadhama lineage.

We will also practice "Pancha Maha Bhuta" (the great 5 elements and chakra based meditational techniques).

Program for all days:

8h00 - 9h45	Pranayama and prep
14h30 - 17h15	Sutras
	Q&A
	Pranayama
	Meditation





ASHTANGA YOGA PARIS

# THE ESSENCE OF PATANJALI'S YOGA SUTRAS

## PRANAYAMA, MEDITATION

WITH  
SUDHIR TIWARI  
JUNE 1, 2, 3, 2018.

**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 March 30th 2018)**

- Full workshop: 195 euros
- June 1st Session: 75 euros
- June 2nd Session: 75 euros
- June 3rd Session: 75 euros

**Normal registration (if deposit paid after March 30th 2018)**

- Full workshop: 225 euros
- June 1st Session: 85 euros
- June 2nd Session: 85 euros
- June 3rd Session: 85 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.**