



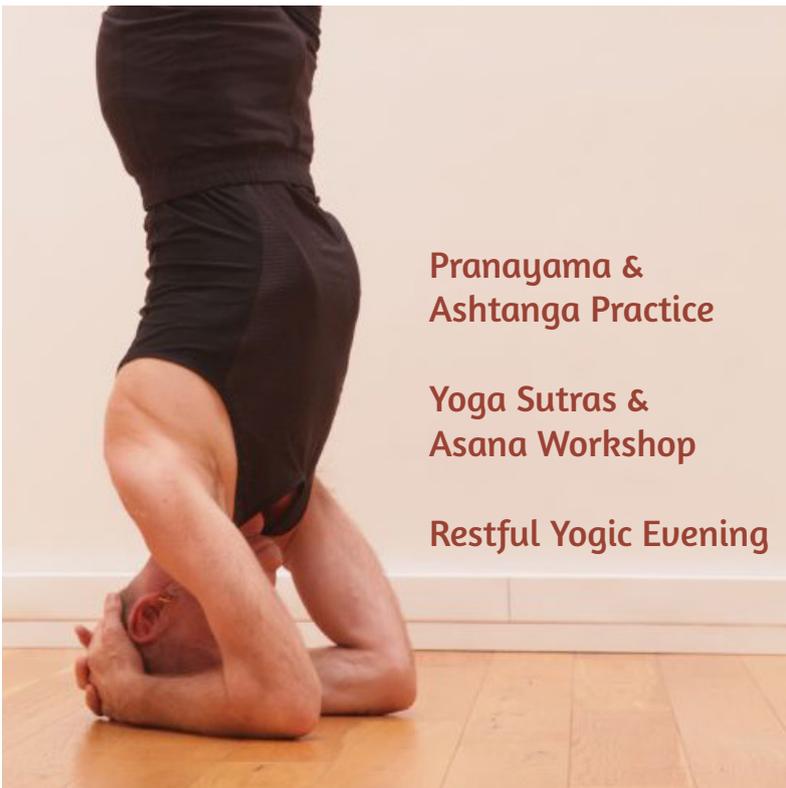
ASHTANGA YOGA PARIS

URBAN RETREAT

December 27th -31st 2018

Ashtanga Yoga Chikitsa

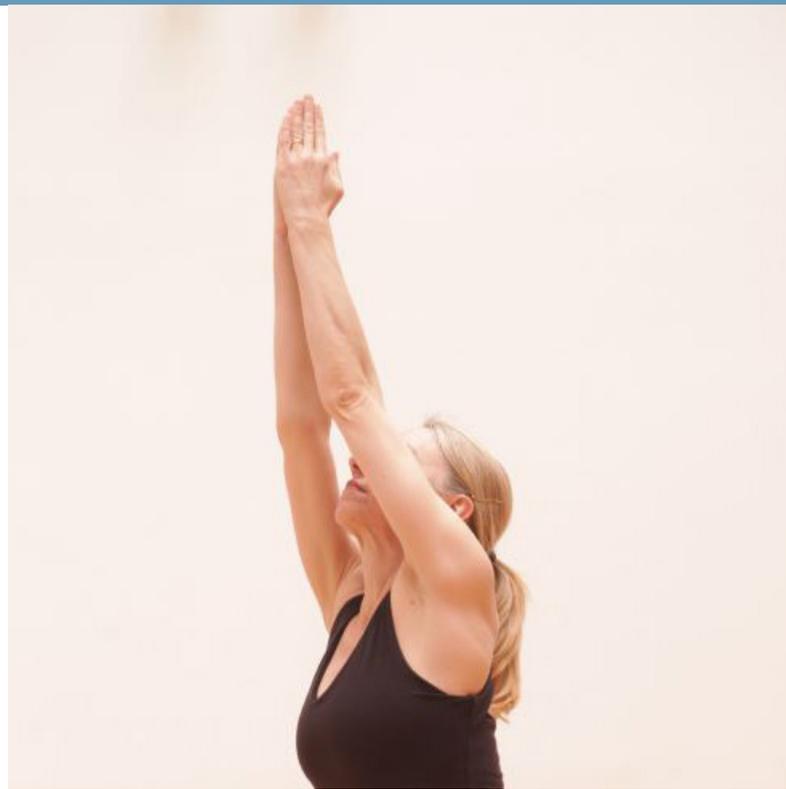
with Gérald Disse & Linda Munro



Pranayama &
Ashtanga Practice

Yoga Sutras &
Asana Workshop

Restful Yogic Evening



9h30-12h00

12h30-15h00

19h30-21h30

STAY IN THE YOGA STUDIO!

We will accept 10 people to stay in the yoga studio from December 26th until January 1st for a true yoga immersion! Bring a mattress and sleeping bag and sleep in a peaceful environment! Great for early morning wake up – you will be on the spot! Amanda and Giacomo will be your hosts for the week!
6 nights = 100€

Meals are not included but you can have Giacomo and Amanda cooking dinner for you (only 12€)!

Early Registration- before November 10th
325 euros for the whole workshop
8 – 12 sessions: 30 € per session
1 – 7 sessions: 35 € per session
OR 3 crosses on your class card per session

Late Registration – after November 10th
350 euros for the whole workshop
8 – 12 sessions - 35 € per session
1 – 7 sessions - 40 € per session
OR 4 crosses on your class card per session

40 Avenue de la République, 75011 Paris - 01 45 80 19 96



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The primary series is also called Yoga Chikitsa, which means Yoga Therapy. It can sometimes be difficult to see this as 'therapy' because we often get carried away by the grasping for poses, the desire to accomplish a pose in a specific manner that doesn't necessarily take into consideration the wishes of our body or we move without being totally present.

This series of workshops is a rare opportunity for all levels of practitioners to learn to slow down, be mindful and develop an advanced understanding of Yoga practices. Advanced Yogis are slow, mindful practitioners. We will focus on learning to do the primary series as a way for healing. Healing all parts of our being; body, mind and breath. The tools we will use will be Kriya & Pranayama (cleansing & breathing), Ashtanga Asanas and Chanting and Conference on the Yoga Sutras of Patanjali.

Learn to listen deeply. Learn to be mindful while practicing. Learn to do the poses in ways that respect your individual needs.

REAL RETREAT – STAY IN THE YOGA STUDIO

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Great for early morning wake up – you will be on the spot! Amanda and Giacomo will be your hosts!

6 nights = 100€

Meals are not included but Giacomo and Amanda will be cooking healthy and delicious meals for those sleeping at the studio at the cost of only 12 euros!

These will include small appetizers, a main dish, dessert and infusions! Menu will be vegan and self-service we will set up a table so that everyone helps themselves. You can choose to join one, two or all dinners by filling up the form you will receive on your arrival.





ASHTANGA YOGA PARIS

Thursday, December 27th

9h30 – 12h00: Kriya, Pranayama & Guided Yoga Chikitsa

We will start with Kriya and Pranayama to clear the energy channels, detoxify the body and open the breathing pathway. Then we will be guided through a portion of the Ashtanga Primary Series in a slow and progressive manner so that we can grasp the subtleties of the asanas. Taking the time to feel the poses in a deep way.

12h30 – 15h30: Yoga Sutras & Yoga for Tight Hamstrings

The Yoga Sutras are the threads of thought that give us the foundation of yoga practice from the point of view of healing the mind. We'll chant some of the verses in Sanskrit and then discuss their meanings and how to use their wisdom on a daily basis. After this, we will delve into ways to release and open the hamstrings in wise ways. Lengthening the hamstrings along with the calves, buttocks and lower back gives us the ability to move freely and reduces the likelihood of injury to both the knees and spine.

19h30 – 21h30: Restful Yogic Evening I with Amanda & Giacomo - Chanting & Pelvic alignment and Hip release

To start every restful evening, Amanda and Giacomo will guide the chanting of one or two mantras to then proceed to some gentle and restorative poses. The alignment of the pelvic girdle will be explored through some static sitting and relaxing forward bending postures with the help of props. Secondly, we will go through some restorative hip releasing poses. The evening ends with sharing some thoughts or short readings that might give deeper insight. Calm the mind and body for a good night's rest so you will feel rejuvenated for the next day's activity!

Friday, December 28th

9h30 – 12h00: Kriya, Pranayama & Mysore

We will again start with Kriya and Pranayama. Then we will do a Mysore Self-Practice. This is the ideal way to be able to do Ashtanga according to your very own breath and body's needs.

12h30 – 15h30: Yoga Sutras & Yoga for the Neck, Upper Back & Shoulders

Again, we'll chant some of the verses of the Yoga Sutras in Sanskrit and then discuss their meanings and how to use their wisdom on a daily basis. After this, we will delve into how to keep our neck, upper back and shoulders safe in the Ashtanga practice. As well as discover asanas that can relieve tightness or stress in these areas.

19h30 – 21h30: Restful Evening II – Chanting & Chest Release

At the core of the evening, after chanting, awareness will be brought to the chest by channeling the breath through the spine and the thoracic area. This will prepare us for gentle and restorative poses that deal with the opening and the release of the upper body. Get your daily dose of mantras and restorative poses before going to bed!

Saturday, December 29th

9h30 – 12h00: Kriya, Pranayama & Guided Yoga Chikitsa

We will again start with Kriya and Pranayama. Then we will be guided through a portion of the Ashtanga Primary Series in a slow and progressive manner going further than we did on the first day.

12h30 – 15h30: Yoga Sutras & Yoga for the Spine

We'll chant the Yoga Sutras and then choose which ones we'll discuss. After this, we will delve into how to do the spinal twists and back bending poses of the Primary Series in detail so that we receive all the healing benefits of squeezing and detoxifying the internal organs and rehydrating the spinal discs.

19h30 – 21h30: Restful Evening III: Chanting & It's movie night! (free of charge, small donations accepted)

After getting tuned altogether, a movie projection will take place. To close the evening some time will be dedicated to share impressions and thoughts on the movie. Relax and enjoy a Saturday night in the company of other yogis by exchanging topics that will enrich your yogic life!

^^Chai will be served^^



ASHTANGA YOGA PARIS

Sunday, December 30th

9h30 – 12h00: Kriya, Pranayama & Mysore

We will again start with Kriya and Pranayama. Then we will do a Mysore Self-Practice.

12h30 – 15h30: Yoga Sutras & The Ashtanga Finishing Sequence

As in the previous days, we'll chant and learn more about certain Sutras. Then we'll learn the best ways to do the finishing sequence so that we gain all the healing benefits from being inverted (upside down) without the potential stress on the neck. The main focus will be the Shoulder Stand and the Head Stand but we will also be sure to learn the whole finishing sequence.

19h30 – 21h30: Restful Evening IV – Chanting & Soft inversions.

Inversions are known for benefitting the circulatory system and the lung tissue, especially when they are held for several minutes. Spend one of the last evenings of the year full with our usual chanting and supported inversions!

Sunday, December 31st

9h30 – 12h00: Kriya, Pranayama & Mysore

We will again start with Kriya and Pranayama. Then we will do a Mysore Self-Practice.

21h00 – 00h00: Lastly, New Year's Eve Resolutions for Evolution (NO CHARGE, BRING FAMILY & FRIENDS)

Beginning a brand new year is an opportunity to reflect on the previous one and plant nourishing seeds for the year to come. We'll participate in soothing asana, pranayama, mindfulness and silent self-reflection to go deep inside and find our 'sankalpa' for 2019! Sankalpa means an intention formed in the heart to harness the will-power to aid us to evolve. There is no charge, just bring a juice or snack to share as we consciously celebrate the coming of the New Year! Start the year off with positive affirmations, the support of the yoga community and your closest friends and family. Everyone is welcome, not only those taking the workshops.



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Ashtanga Yoga Chikitsa

Please fill in and send with full payment (check labelled to "Ashtanga Yoga Paris")

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 mark below:

Early bird registration (if paid before November 10th 2018)

Normal registration (paid after November 10th 2018)

- All workshops: 325€
- 8-12 sessions: 30€ per session
- 1-7 sessions: 35€ per session
- 3 crosses on your class card per session

- All workshops: 350€
- 8-12 sessions: 35€ per session
- 1-7 sessions: 40€ per session
- 4 crosses on your class card per session

Please mark below the sessions you will be participating to (remember the prices vary depending on how many sessions you are taking and depending on the type of registration as explained above)

- | | | |
|--|---|---|
| <input type="checkbox"/> Dec. 27th morning session | <input type="checkbox"/> Dec.29th morning session | <input type="checkbox"/> Dec. 31st morning session |
| <input type="checkbox"/> Dec. 27th afternoon session | <input type="checkbox"/> Dec 29th afternoon session | <input type="checkbox"/> *Dec. 31st evening session |
| <input type="checkbox"/> Dec. 27th evening session | <input type="checkbox"/> *Dec 29th evening session | <i>*this session is free and open to everyone</i> |
| <input type="checkbox"/> Dec. 28th morning session | <input type="checkbox"/> Dec 30th morning session | |
| <input type="checkbox"/> Dec. 28th afternoon session | <input type="checkbox"/> Dec 30th afternoon session | |
| <input type="checkbox"/> Dec. 28th evening session | <input type="checkbox"/> Dec 30th evening session | |

Are you sleeping in the studio? (100€ for 6 nights) YES NO

PAYMENT OPTIONS (Priority goes to those signing up for the whole workshop):

- Online:** Secure payment by credit card (only FULL workshop registration).
Visit: www.ashtangayogaparis.fr/2018-urban-retreat
- Bank transfer:** Please contact us for instructions and our bank details.
- Check** (check labelled to "Ashtanga Yoga Paris") --- Amount: € _____
- Cash** --- Amount: _____ €

CANCELATION 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.

Please sign and date in acknowledgement of the cancellation policy above.