



ASHTANGA YOGA PARIS

# MORNING VINYASA FLOW

START YOUR DAY BY AWAKENING & ENERGIZING  
YOUR **BODY, MIND & BREATH** WITH **YOGA**  
ALL LEVELS WELCOME

with  
**Jinjur Van Vogel**

SEPTEMBER 19<sup>TH</sup>,  
21<sup>ST</sup>, 26<sup>TH</sup>, 28<sup>TH</sup> &  
OCTOBER 3<sup>RD</sup>, 5<sup>TH</sup>  
2017

TUESDAYS &  
THURSDAYS  
**7H30 - 9H00**

*'All intelligences awaken with  
the morning' ~ Thoreau*

**90€ or 6 crosses on a class card  
or 25€ for those with a 6 month or 1 year unlimited pass**

40 Avenue de la République, 75011 Paris | 01 45 80 19 96 | [info@ashtangayogaparis.fr](mailto:info@ashtangayogaparis.fr)



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START YOUR DAY BY AWAKENING & ENERGIZING  
YOUR **BODY, MIND & BREATH** WITH **YOGA**  
ALL LEVELS WELCOME

*Taking time in the morning to centre yourself, move and awaken the cells provides you with the concentration, strength and stamina needed to tackle the busy city life! During these 6 classes Jinjur will teach you a couple of stimulating breathing practices, invigorating flowing yoga poses and centralizing relaxations.*

*Lastly, a nice cup of non-dairy chai to get you on your way to work.*

*Committing to **YOURSELF** for these sessions will help you to develop life-long techniques for health and well-being.*

*with*  
**Jinjur Van Vogel**

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& OCTOBER 3<sup>RD</sup>, 5<sup>TH</sup> 2017

TUESDAYS & THURSDAYS

**7H30 - 9H00**

***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:

**90 euros**

**6 crosses on a valid class card**

**25 euros**

(for those with a 6 month  
or 1 year unlimited pass)

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.***