



ASHTANGA YOGA PARIS

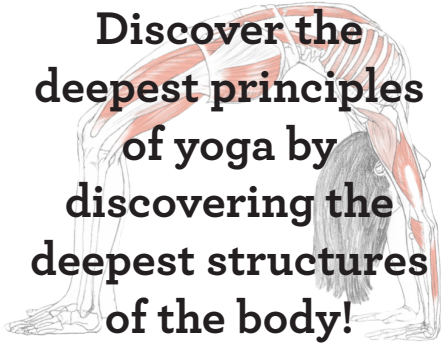
YOGAAnatomy.net

ANATOMY WORKSHOP

4 Sundays from 12h30 to 17h30

February 11th, March 25th, May 27th, July 1st 2018

Discover the deepest principles of yoga by discovering the deepest structures of the body!



YOGIS: how many times have you stopped mid-asana, wondering about the sensations you were feeling and wishing you could work with them to bring you deeper into your practice?

TEACHERS: how many times have you been approached by a student with an anatomy question and had no idea how to answer? Would you like to feel more comfortable in the guidance and adjustments you give your students?

Now is the time to upgrade your yoga anatomy knowledge by studying with experts in the field!

Join us as we study with Leslie Kaminoff and Amy Mathews, world-renowned Yoga Educators, who are partnering with Linda Munro from Ashtanga Yoga Paris to bring Yoga Anatomy to life.

There is enough time in-between to complete the on-line units at your own leisure if you try to put in about 2 hours a week.

Early Bird Price
(before January 20th)

480€ all
280€ on-line portion
220€ in person portion
55€ ONE in person session

Normal Price
(after January 20th)

510€ all
280€ on-line portion
230€ in person portion
55€ ONE in person session

In this unique training you will have the benefit of studying with Leslie Kaminoff and Amy Mathews through their online training while also having in-person support and training with Linda Munro.

THE WAY IT WORKS...

There are 30 hours of video online + 20 hours of in-person workshops. The advantage of the online work is that you can set your own pace and schedule, you can pause and replay the videos until you grasp the concepts to the level you wish and review them at a later date (access to the site for ONE full year).

Then there will be 4 Sunday workshops with Linda to solidify the understanding of the topics, ask questions, work on group activities, review the homework.

The workshop focuses on grasping fundamental concepts, students can easily embody the material and put it to practical use immediately.

Eligible for CEUs with the Yoga Alliance. Also note this is open to all styles of yoga practitioners, not only ashtanga!

Continuing Yoga Education

ANATOMY TOPICS & DETAILED DESCRIPTION

4 Sundays from 12h30 to 17h30

February 11th, March 25th, May 27th, July 1st 2018

The anatomy for yoga training is a practical course directed specifically for yoga teachers and experienced yoga practitioners. We will discover the body from a simple way so that we learn to do and teach the yoga asanas in away that supports a lifelong practice because of the understanding of the underlying anatomical principles.

There are two parts to this training. The in-person with Linda & Gerald where we learn about anatomy and apply the universal alignment principles of asana.

For the second part we're partnering with world-renowned Yoga Educators & best-selling authors of Yoga Anatomy, Leslie Kaminoff & Amy Matthews. Using their years of experience training yoga teachers, they've created a unique online + in-person course that's exclusively available through Teacher Training programs: YogaAnatomy.netFundamentals.

You will have access to their on-line program for one year.

UNITS

Building Blocks
Breath
Muscle Physiology
The Spine
The Lower Limbs
The Upper Limbs
Anatomy and Asana Philosophy
Asana and Pain & Sensation
Anatomy in Vinyasa
Anatomy in Arm Supports

CONTENTS

Sthira & Sukha / Connective Tissue / Bones / Muscles
Prana & Apana / Diaphragm / Ujjayi / Bandhas
Strength / Flexibility / Movement / Joints
Curves / Disks / Back pain
Foot / Knee / Hips / Pelvis / Walking / Alignment in Standing Postures
Hands & Wrists / Forearm / Elbow / Shoulder / Alignment in Inversions
Working with Asana / Pose Benefits / Asana Analysis / Standing Poses
A Body-Mind Perspective on how to work with pain / Seated Postures
Breath + Movement / Continue Seated Postures / Transitions
Arm Support Poses



Continuing Yoga Education

ANATOMY WORKSHOP

4 Sundays from 12h30 to 17h30

February 11th, March 25th, May 27th, July 1st 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 mark below:

Early bird registration (if deposit paid before January 20th 2018)

- All: 480 €
- On-line portion only: 280 €
- In-person portion only: 220 €
- February 11th In-Person session : 55€
- March 25th In-Person session : 55€
- May 27th In-Person session : 55€
- July 1st In-Person session : 55€

Normal registration (if deposit paid after January 20th 2018)

- All: 510 €
- On-line portion only: 280 €
- In-person portion only: 230 €
- Single In-Person session : 58€
- February 11th In-Person session : 58€
- March 25th In-Person session : 58€
- May 27th In-Person session : 58€

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.