

Asana - Anatomy - Alignment

NEW SERIES OF WORKSHOPS!

with Linda Munro



ASHTANGA YOGA PARIS

www.ashtangayogaparis.fr

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In this series of workshops you will be instructed on the practical anatomy around the given topic and how to better perform the asanas to respect anatomical alignment and movement in the body. It's an essential companion to all dynamic forms of yoga asana to establish a long-lasting practice that brings us a healthy and intelligent body/mind relationship.

Each session will consist of an overview of the anatomy and then an exploration of asanas to assimilate the information into the alignment and perhaps discover variations that suit your body better.

Program :

Safeguard my Knees

December 10th
14h00 - 16h30

Safeguard my SI Joints & Lower Back

January 14th
14h00 - 16h30

Safeguard my Shoulders

February 4th
14h00 - 16h30

Safeguard my Neck

March 10th
14h00 - 16h30



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Please fill in and send with full payment:

FULL NAME:

FULL ADDRESS:

PHONE NUMBER :

EMAIL :

PRICE OPTIONS

FULL WORKSHOP

INDIVIDUAL SESSIONS (45€ each)

- 140€
- Safeguard my Knees Safeguard my Shoulders
- Safeguard my
SI Joints & Lower Back Safeguard my Neck

PAYMENT OPTIONS

- Online: Secure payment by credit card (only FULL workshop registration).
Also visit <https://www.ashtangayogaparis.fr/asana-anatomy-alignment-linda/>
- Bank transfer: Please contact us for instructions and our bank details.
- Check (check labelled to "Ashtanga Yoga Paris") Amount: _____€
- Cash Amount: _____€

*Payments of 30 euros or less are non-refundable.

*An admin fee of 30 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.



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Date and signature