

# Laruga Glaser

30th September - 6th October 2019



**Du Lundi 30 sept. au Vendredi 4 oct.**

8h30 – 10h30 : Morning Mysore au Samasthiti Studio

23 rue de la Cerisaie, Paris 4.

**Du Vendredi 4 au Dimanche 6 octobre**

Ashtanga Workshop au Centre Tao

144 Boulevard de la Villette – Paris 19.

# Programme du Workshop

## Vendredi 4 octobre

18h-20h30 : Led Primary Series with Q & A (2.5 hours ) au Centre Tao

## Samedi 5 octobre

10h -12h30 : **The Art of Ashtanga Yoga** (2.5 hours)

Through consistent practice our time on the mat can develop into a work of art, creating stillness in motion. Reaching a flow state in the practice comes from uniting all internal elements to then rest in awareness within our physical being. In this workshop, we will explore how to create depth in the practice of creating art in motion, while developing conscious attention and strength throughout the body, mind and soul. We will first start by cutting away excess energy draining movements as well as connecting to the downward and upward flow of energy to then sit in a space of simplicity and concentration. This will be an inspiring workshop giving space to explore and express the beauty of yoga in every movement and every breath.

14h - 16h30 : **The Gateway Poses of Primary Series and Intermediate Series** (2.5 hours).

All postures in the sequences of Ashtanga yoga are important. However, in this workshop we will take a closer look at the core the postures in both Primary and Intermediate series that are integral to opening and strengthening the body-mind to set the stage and foundation to more intelligently grow and evolve in the practice.

## Dimanche 6 octobre

10h -12h : **Awakening The Core: *Bandhas, Breath and More*** (2 hours)

In this workshop become more intimately rooted to the internal network of the bandhas while tuning to the central axis of the body. Properly understanding how to engage the bandhas not only bring lightness to the body but also stability and clarity to the mind. Learn to become more closely connected to this often elusive and mysterious part of the practice of Ashtanga yoga, appropriate for all levels.

14h-16h30 : **Intermediate Series Introduction** (2.5 hours)

Intermediate Series, otherwise known as nādī śhodana, meaning nervous system cleansing, builds upon the culmination of energy and purification within the practitioner built from the foundation of Primary Series. With deeper backbends and forward bends as well as arm balances, the Intermediate series integrates the use of opposing forces to garner greater unity and strength, both mental and physical, opening the internal light of awareness within each individual. Whether new to the practice of Intermediate Series, or an experienced practitioner, this workshop will invoke new insights and inspire your already existing practice.

# Tarifs et Inscriptions

## MYSORE (lundi au vendredi)

*Adhérent* 35€ la mysore ou 140€ les 5

*Non adhérent* 40€ la mysore ou 160€ les 5

## STAGE (du vendredi soir au dimanche)

*Adhérent* 45€ l'atelier ou 200€ tout le stage

*Non adhérent* 50€ l'atelier ou 230€ tout le stage

## FULL WORKSHOP

(mysore + week-end workshop)

*Non adhérent* 390€ - *adhérent* 340€

## INSCRIPTIONS

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