

# Petri Räisänen

Du jeudi 31 octobre au dimanche 3 novembre



**Le jeudi 31 et le vendredi 1 novembre**

7h – 9h : Morning Mysore au Samasthiti Studio

23 rue de la Cerisaie, Paris 4.

**Du vendredi 1 au dimanche 3 novembre**

Ashtanga Workshop au Centre Tao & Samasthiti Studio

Centre Tao - 144 Boulevard de la Villette – Paris 19

# Programme du Worskhop

## Vendredi 1 novembre

18h-20h : Led Primary Series au Centre Tao

## Samedi 2 novembre

8h -10h : Led Primary Series au Centre Tao

5-7.30pm : **Lengthening the body** - How to create a maximum length for the limbs in the asanas. Asana techniques, tips and hands on adjustments. Originally a bone setting technique (a healing method) called "limb lengthening", which Petri modified for asana adjustments to create a maximum length for limbs. This will not only take you to the next level in the asana, but also release the tensions and pains from the body. In this workshop we are practicing how to find the space in a gentle and safe, but effective ways. – Centre Tao

## Dimanche 3 novembre

7h – 9h : Led Primary Series au Centre Tao

14.45 – 16h45 : The Healing touch - the healing yoga asana adjustments and positive environment in the yoga shala. Theory and practice – Au Samasthiti Studio

# Tarifs & Inscriptions

MYSORE (jeudi et vendredi)

*Adhérent* 35€ la mysore ou 50€ les 2

*Non adhérent* 40€ la mysore ou 70€ les 2

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* 300€ - *adhérent* 250€

INSCRIPTIONS

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