

# SPECIAL YOGA COURSES

3-STEP TO BUILD AND DEEPEN YOUR PRACTICE

**1** **Ashtanga: Build the foundations**  
From 18/09 to 07/10  
With Marion and Tati

**2** **Ashtanga: Going deeper**  
From 16/10 to 06/11  
With Sonia and Tati

**3** **Vinyasa / Ashtanga: Challenge yourself**  
From 13/11 to 04/12  
With Marion and Sonia



## **3-MODULE COURSES: 4-WEEK EACH WEDNESDAYS 19H-21H**

# 1

### **Ashtanga: Build the foundations**

**From 18/09 to 07/10**

- Breath and body awareness
- Link breath and movement
- Fundamental alignment principles

*For students new to Yoga or to the Ashtanga series, willing to learn key tools to establish a safe and sustainable practice.*

# 2

### **Ashtanga: Going deeper**

**From 16/10 to 06/11**

- Tristhana : Breath, Bandha &
- Drishti applied to practice
- Gatekeepers poses and transitions between poses

*For students familiar with the foundations of Ashtanga who wish to deepen their knowledge, gain in autonomy and integrate self-practice in their daily life.*

# 3

### **Vinyasa / Ashtanga: Challenge yourself**

**From 13/11 to 04/12**

- Themed vinyasa flows (arms balancing, deep hip openers, back bend, etc.)
- Drills & workshops style exercises

*For regular Ashtanga OR Vinyasa students willing to work on more challenging and subtle aspects of their practice.*

**1 Course:**

80€ Members  
90€ Non-members

**Package of 2 Courses:**

140€ Members  
160€ Non-members

**Drop in per session:**

23€ Members  
25€ Non-members

**Bookings**

Linktree in our Bio for the Form  
or  
Book on Fitogram for Drop-in