

Paris Program
April 2009

Friday 20::00 – 21:30

Basic theory of the mechanism of yoga postures.

The students will get clear and detailed explanations about the opposite poles of movement in a posture: action versus reaction, compression versus extension. The goal is to understand how to keep the practice energetic but soft by allowing the right energy to flow while in the postures.

Saturday am

Lead class followed by a discussion on alignment

A lead class integrating the principles of the Friday evening session. We will discuss about alignment for energetic balance whether in chataranga dandasana or handstand !

Saturday pm

Breath, Vinyasa, Bandha & posture

Breath & vinyasa: Learning the mechanism of breath and how it affects the physical body, the emotional body, and the mental body.

Bandha & posture: Optimizing and understanding bandhas and its affect on one's body.

With very specific exercise and explanation, we will bring this understanding to the various asanas with a clear purpose of circulating the energy flow in the body.

Sunday am

Full primay lead class

A full primay lead class in the traditional ashtanga movement.

Sunday pm

Understanding the pranic effect of backbending

Learn the correct functioning of the spine and how it will give you the confidence to go deeper into backbends safely. These basic principles of backbends will be applied to poses appropriate for individual practice levels, including intermediate and advanced poses.

Followed by:

Energizing chackras with asanas and chanting

First we will explain the importance of each chackra and their own particular sound called “bija seed sounds”

Then Darby will make everyone experience a gentle flow of ashtanga vinyasa practice with rhythmic chanting of the bija sounds

A chackra meditation will follow the practice and an energizing chackra chanting will conclude the session.

A wonderful way to end the workshop!

Everyone who attends this session will go home floating and totally relaxed.