



Ashtanga Yoga & Pranayama In-Depth Development Training for teachers & established practitioners (60 hrs)

with KIA NADDERMIER, Mysore Yoga Paris

practice, philosophy, technique, asana detailing, counted method, mysore style,
observation skills, adjustments, pranayama, anatomy...

Module 1: April 28 – May 2nd 2017 (5 days)

Module 2: October 13–17 2017 (5 days)

Both modules will be held in Paris

Whether a dedicated practitioner or teacher, deepening your practice and sharing your exploration with others will allow its subtleties to fully unfold and blossom.

This 2-module intensive integrates the philosophy, practice & adjustments of *Ashtanga Yoga & Pranayama* with *Applied Anatomy & Bio-mechanics*, to cultivate a transformational yet sustainable practice in accordance with yogic principles. It is designed for practitioners and teachers looking to deepen their understanding of yoga as a whole, involving all aspects – body, breath and mind. We will explore ways to refine our internal and physical awareness, observation skills, alignment in asanas, and the art of adjusting. We pay careful attention to each individual, looking at common body patterns, helping to build an intelligent, mindful practice and develop relevant teaching tools. Deeply rooted in our personal practice experience, we can begin to share its fruits with others.

This is a unique opportunity to work deeply with *Kia*, whose teachings integrate her profound knowledge of breath, pranic energy, subtle and physical anatomy with hands-on adjustments based on yogic principles.

Anatomy sessions will be taught by *Paula Rios Fernandez*, medical doctor, researcher and dedicated Ashtanga Yoga & Pranayama practitioner. Paula brings her passion for Anatomy and Yoga to her clear and joyful teaching, with its emphasis on practical application of theory. Her classes are closely synchronised with *Kia's* teachings. In this training they will be sharing their combined knowledge and research of anatomy and the science and practice of yoga.

Please note that this is not a "Teacher Certification Training". We believe that authentic teaching skills can only grow out of years of practice and experience.

Typical daily schedule (subject to variations depending on the day and theme):

Morning Practice 2-3hrs:

Mysore Style (3 mornings per module) or *Led Class* (2 mornings per module)

Break for Brunch

Afternoon Sessions 4hrs:

Adjustment techniques

Applied Anatomy & Bio-mechanics or *Pranayama & Kriyas*

Ashtanga Yoga - Mysore Style or Led Class

Three morning sessions on each module will be dedicated to Mysore Style, assisted self practice - always returning to our personal practice experience as the source for exploration and growth. This is a wonderful opportunity to apply and integrate the teachings from the other sessions, and to receive individual adjustments and guidance from Kia. The other two morning sessions, we come together as a group in a led class focused on a specific aspect of the practice.

In addition we will be working on the traditional Sanskrit Count of Ashtanga Yoga as taught by *Guruji*.

Adjustment techniques - Awareness, Observation, Principles and Practice

In the Adjustment sessions we will explore the practice and philosophy of yoga Asanas, their purpose, patterns and context. Cultivation of internal and physical awareness and observation skills is the foundation for all adjustments. We pay careful attention to each individual, looking at common body patterns, helping to build an intelligent, mindful practice and relevant teaching and adjusting tools. These sessions are explorative in nature and designed to support teachers as well as practitioners wishing to expand their understanding of the art of adjusting and the inner and outer form of the Ashtanga Yoga sequence.

Pranayama & Kriyas - practice, techniques and philosophy

The division between the body and mind is first healed with the breath. Hence Pranayama is considered the central aspect of any authentic Hatha yoga practice. In these sessions we will deepen our appreciation of the subtleties of breath and its significance in yogic practices and philosophy. New students will build up a self-practice of pranayama & kriyas to continue after the course, whilst those with more experience will refine and deepen their practice and understanding.

Applied Anatomy & Bio-mechanics in Yoga Practice with Paula Rios Fernandez

Anatomy and bio-mechanics are continually evolving sciences offering tools to understand our physical constitution –a central aspect in Asana practice. We will explore the complexity and beauty of the body in motion, integrating theory, practice and mutual feedback. We use this knowledge to learn how to avoid injuries and build a sustainable and healthy yoga practice. The anatomical logic behind the alignment and adjustment techniques which Paula and Kia have researched together will also be presented.

Kia Naddermier has over 20 years of experience of Ashtanga Yoga and is the founder, director and main teacher at *Mysore Yoga Paris* where she upholds the daily Mysore program. She is a dedicated advanced practitioner and teaches Ashtanga Yoga, Pranayama & adjustment techniques. She mentors teachers and gives workshops and retreats internationally. Kia is certified by *Shri O.P. Tiwari* to teach Pranayama. She has developed a way of teaching and adjusting which integrates her profound knowledge of the breath and pranic energy, subtle and physical anatomy, with yogic principles. Her deep love and years of dedication to all aspects of yoga shines through in her warm, insightful and inspirational teaching.

Paula Rios Fernandez (Applied Anatomy & Bio-mechanics) is a Medical Doctor, Researcher and dedicated Ashtanga Yoga and Pranayama practitioner. She is passionate about integrating her anatomical and medical knowledge with her experience as a yoga practitioner and teacher in order to build a solid, inspiring and lifelong Yoga practice. Paula deepens her understanding of the ancient science of yoga as Kia's apprentice and is a much-appreciated teacher and assistant at *Mysore Yoga Paris*.



DETAILS & APPLICATION:

Please contact *Lise de la Brosse* for further details and to receive application form

lise@mysoreyogaparis.com

VENUE:

Syred Yoga, 102 Bv de la Vilette, 75020 Paris

PRICE FOR BOTH MODULES

1300 euro (full payment before 15/12)

1380 euro (paid in instalments)

PAYMENT PROCEDURE:

Deposit (non refundable & non-transferrable): 250 euro
to be paid within 7 days after receiving acceptance of application

Payment in full:

Full balance paid before 15/12: 1050 euro

(Total price for both modules: 1300 euro)

Payment made in 2 instalments:

First payment 565 euro made before 15/12 2016

Final payment 565 euro made before 15/3 2017

(Total price for both modules: 1380 euro)

Cancellation policy:

Cancellation before 27/2: 100% refund less deposit.

Cancellation 28/2–27/3: 50% of total price.

Cancellation after 28/3: no refund.

We strongly advice traveling students to purchase travel insurance.

Payment details and a link for making an on-line payment will be sent upon acceptance of application.