

SPECIAL OPPORTUNITY TO
PRACTICE WITH A RENOWNED
MASTER OF ASTHANGA YOGA
FOUNDER OF THE
BROOME ST. TEMPLE &
ASHTANGA YOGA NEW YORK



EDDIE WITH SHARATHJI, 1993
LAKSHMIPURAM



JUNE 7&8: MYSORE, 7:00-10AM

JUNE 9&10: LED PRIMARY, 7:00-9AM

LECTURES, 9:30-11:30AM

LE CENTRE ÉLÉMENT
7 Rue des Guillemites, Paris IV

JUNE 7: LECTURE 7:00PM

FOLLOWED BY PUJA RITUAL

RASA YOGA
21 rue Saint Jacques, Paris V

JUNE 8: LECTURE 6:00PM

FOLLOWED BY PUJA RITUAL

ASHTANGA YOGA PARIS
40 Avenue de la République - 75011 Paris

PRICING INFORMATION

MYSORE/LED DROP IN - 45 EUR
LECTURE DROP IN - 30 EUR
DAY PASS - 65 EUR
FULL MYSORE/LED - 160 EUR
FULL LECTURES - 100 EUR
FULL PACKAGE - 220
PUJA RITUALS - FREE

RESERVATIONS & INQUIRIES

✉ eddieinparis108@gmail.com

<https://squareup.com/store/ashtanga-yoga-new-york-2>

ASTHANGA YOGA
LECTURE SERIES
& PUJA RITUAL

EDDIE STERN
IN PARIS

JUNE 7-10, 2019



PRACTICE

THE PRIMARY SERIES OF ASHTANGA YOGA

THE PRIMARY SERIES is a challenging and invigorating sequence of postures that take about an hour and thirty minutes to complete. The postures are strengthening, toning and cleansing for the muscles, joints and internal organs. Variations of poses that prove challenging will be offered. This class includes postures, breathing, pranayama and chanting. Previous yoga experience is highly suggested for this class.

MYSORE PRACTICE is appropriate for beginners as well as students of all levels and is a traditional method of learning yoga, one-on-one from teacher to student. However for these two days of practice, regardless from the level of your practice, we ask you to be already familiar with the Astanga Yoga Mysore Style of practice. If in doubt, please contact us via email prior to registering. If you have done led classes but not Mysore practice, you are welcome to come. If you have never done Ashtanga Yoga, then you should only attend the Led practices.

PUJA RITUAL

GANESH CEREMONY

GANESH is the Lord of new beginnings, wisdom, and obstacles. During this Hindu ritual we invoke the energy of Ganesh that dwells within us, who, like an elephant in the forest, is filled with strength, discrimination, kindness, wisdom and devotion. His elephant head and human body symbolizes transcending the material world and joining with our spiritual nature.



* PLEASE WEAR CLEAN, FESTIVE CLOTHING, AND BRING FRESH FRUITS, NUTS, OR FLOWERS, WHICH WE WILL OFFER TO GANESH DURING THE RITUAL.

LECTURES

STEADINESS, RESILIENCE AND TRANSCENDENCE: NEW FINDINGS IN YOGA AND SCIENCE

Over these two days of lectures, we will discuss some of the underlying mechanisms of yoga that make it an effective practice for self-regulation, emotional regulation, and spiritual experience. We will highlight specifically the effects of certain pranayamas and other yogic practices that are particularly powerful. Even after thousands of years, yoga continues to be an infinitely interesting and exciting practice and philosophy, never growing old, and always staying new. In these two lectures we will look at some of the reasons why this is so.

SUCCESS AND FAILURE IN YOGA

The Hatha Pradipika, a 14th century yoga text, lists the six things that give success in yoga, such as determination and courage. It also lists the six things that cause failure in yoga - having a stiff body is not one of them! Having a good back bend is not one of them! In this lecture we will go over all of the things that lead to success and failure in yoga practice, as well as looking at some similar verses from the Bhagavad Gita and Yoga Sutras. These particular things are listed to we have some mental guidelines, and also to create a feeling of confidence in us - that if we follow certain things, and avoid some other things, we will find mental peace, and inner joy.

STILLNESS, FEELING, ACTING AND THINKING

In this lecture Eddie will discuss the four paths of yoga that represent the four basic ways that we interact with the world. Yoga at its core is the practice of knowing who we are on a deep level. The access we have to that inner knowledge gets cloudy because our minds are filled with thoughts, desires, confusion, conflict and regrets. Yoga provides remedies for all of these mental difficulties, which are reflected through the four paths, or modes, of yoga. In this class you'll learn what the four paths are, how they apply to you, and what states of mind the four paths can help to soothe, so that you can use them to help strengthen your positive mental traits, and gradually diminish negative mental states. This class will include chanting, pranayama, and lecture.

HOW EXACTLY DOES YOGA DO IT? HOW DOES YOGA WORK?

BOOK LAUNCH

JUNE 9TH: ONE SIMPLE THING

Yoga is reputed to improve our physical and mental health, and to help us become more productive at work, more caring in relationships, and a more responsible contributor to society and inhabitant on this planet. If yoga does accomplish all that—and most practitioners will swear it's true—how exactly does it do it?

LOCATION TBA - BOOK PRESENTATION & SIGNING