

FALL OFFER

INTRODUCING OUR NEW TEACHER TRAINING ASHTANGA + VINYASA

200+hours online, 30H in person in Golfe-Juan



Study at your own pace, deepen your practice in person

WHEN PURCHASED TOGETHER

Online 200h
Ashtanga Training
~~1400€~~ **€1000**



30h In-Person
Vinyasa Training
~~525€~~ **€450**



ASHTANGA YOGA PARIS

**offer valid until January 15th, 2027*

Created for those ready to deepen their practice but struggling to find the right time, this 200-hour hybrid teacher training allows you to study on your own schedule while still benefiting from meaningful in-person guidance and connection.

- Start the 200-hour online training at any time of the year
- Progress at your own pace (you have two years to complete it)
- Attend the 30-hour in-person Vinyasa training



This program offers a gradual and flexible approach, while ensuring the practical experience, adjustments, and educational feedback necessary for full certification.



WHO IS THE TRAINING FOR?

Yoga instructors

Individuals seeking a career change or wishing to teach Ashtanga and Vinyasayoga

Fitness professionals: fitness instructors, physical education teachers, sports coaches, strength and conditioning coaches, athletic trainers, sports activity leaders

Anyone wishing to deepen their personal practice



IT IS RECOMMENDED TO

Have a minimum of 250 hours of Ashtanga and 4 practices per week
OR 500 hours of another style of yoga over the last 2 years

Have a good knowledge of the Ashtanga system as a whole

200+ HOURS OF FLEXIBLE LEARNING

OBJECTIVES

Skilled at teaching the first series of Ashtanga in the traditional order

Understand the correct alignment of asanas and their anatomy

Acquire the knowledge and techniques for teaching Ashtanga yoga to all body types and ages

Verbalize the instructions for the first series of Ashtanga

Know the 8 limbs of Ashtanga and the most relevant sutras

Be able to develop a Pranayama practice

Know the history and lineage of Ashtanga

Teach yoga that is respectful of everyone

CONTENT ONLINE

The course consists of a series of videos divided into 31 units and 8 categories:

Anatomy

Asanas

Foundations of
ashtanga

Yoga history

Mantra

Pranayama

Teaching
techniques

Yoga
philosophy



30 HOURS IN-PERSON VINYASA TEACHER TRAINING

During the week, in the morning Linda will guide you through a Vinyasa practice, so you can experience as many 'sequences' as possible.

Then we will explore different levels of Vinyasa classes – Soft Vinyasa, Dynamic Vinyasa for levels 1 through 3, Beginners

Vinyasa – what kinds of poses are appropriate, the essence of the class, planning a class and finally building around a theme action or pose.



March 26 – 30, 2027
Friday – Tuesday

Daily Schedule

10h30 – 12h

Vinyasa
class

13h – 14h30

Lecture/discussion

14h45 – 17h30

Deconstructing Key
Poses & Designing
Sequences



PRICES

*Offer valid until January 15, 2027

WHEN PURCHASED TOGETHER

200 hours online:

One time payment :

1000€ ~~1200€~~

Flexible payment:

400€ deposit, then **60€/month** for
11 months (total 1060€)

30-hour training in Golfe Juan:

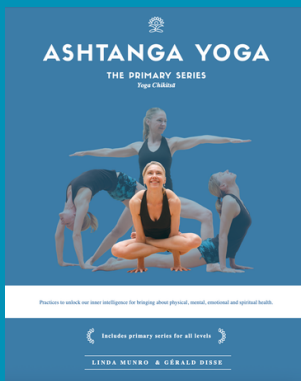
One time payment :

450€ ~~525€~~

Payment and Refund Policy:

*Once you have received all or
part of the course or have logged
in to the site, no refunds will be
issued.*

Books to purchase



Ashtanga Yoga, Yoga Chikitsa,
The Primary Series by Linda Munro & Gerald Disse

Key Muscles of Hatha Yoga by Ray Long

The Deeper Dimension of Yoga by G. Feuerstein

History & Philosophy of Yoga by G. Feuerstein



SIGN UP TO START YOUR TRAINING