******91 Faubourg Saint-Martin 75010 PARIS**

hosts

**Garth McLean**

**3-5 June 2016**

Garth McLean is coming back to YI91. During this second visit he will teach a **workshop focused on strengthening and balancing the nervous and immune systems**.

**About Garth**

Garth became a yoga teacher even though he began the practice only after discovering that he had Multiple Sclerosis.

BKS Iyengar advised Garth: “every day you have to walk the fine line between courage and caution”. Following this advice allowed Garth to combat the difficulties linked to this condition, and to acquire « Intermediate Senior III » level certification.

**About the Workshop**

The strength and balance of the nervous system is a vital aspect of anyone’s life. If one is out of balance there may be dis-harmony or dis-ease.

Having worked through many symptoms associated with MS, where the immune and nervous systems are out of balance, Garth maintains:

“The practice of Iyengar yoga is accessible to all. The beauty is that it can be adapted to suit whatever condition the student may be facing at whatever level of understanding or ability.”

**The Sessions**

**Friday** **14h-16h30 Session 1 : “Remedial Static Postural Practice” :**

**Iyengar yoga has a tradition of static practice. One remains in the poses and breathes in them, which opens parts of the body which are often closed.**

Open to those with Multiple Sclerosis or other neurological condition, and to Iyengar yoga teachers. Students in wheelchairs welcome. Novice students welcome.

**Friday 18h-20h30 Session 2 : “Remedial Recuperative Practice” :**

**Here we practice inverted poses and restorative poses, which protect and reinforce the functions of the nervous and immune systems.**

Open to those with Multiple Sclerosis or other neurological condition, to Iyengar yoga teachers. Students in wheelchairs welcome. Novice students welcome.

**Saturday 10h-13h Session 3 : “Static postural practice level 2”**

**Here we use supports to give access to the poses which stimulate the functions of the nervous system and which reinforce physical, emotional, and psychological well-being.**

Open to students who have followed a yoga class for one year or longer. Students who have MS or other neurological condition are welcome if they do not use a wheelchair.

**Samedi 16-19h Session 4 : “Recuperative Practice with Pranayama level 2-3”**

**Here we go deeper into the recuperative poses, and begin breathing techniques to calm and appease the nervous system.**

Open to students who perform shoulder-stand and headstand. Students who have MS or other neurological condition are welcome if they do not use a wheel-chair.

**Sunday** : **10h-13h Session 5 : “Dynamique Postural Practice niveau 3 et plus »**

**Iyengar yoga also has a tradition of working the poses dynamically, known as « vinyasa ». In this practice we link poses into precise sequences and jump from one pose to another.**

Open to students who practice « surya namaskar », the Sun Salutation.

**Sunday 16h-19h Session 6 : “Recuperative Practice with Pranayama all levels**”

Open to all. Attendance at a previous Garth session preferred.

**About YI91**

Yoga Iyengar 91 opened its doors in October 2014.

This was the culmination, but also the beginning of the project of Diffusion \*Sciences de Yoga Iyengar (DSYI) . It is our mission to make Iyengar Yoga accessible to a large population, and also to found a place where research and study in the disciplines of body-mind practice can be supported.

Our space and our principles condition the workshops we host. The dimensions of our yoga room limit the workshop’s participants to the intimate and friendly number of 25 ; we give priority to workshops having therapeutic or pedagogical themes**.**

**Etat des lieux**

Workshop participants do not need to bring their practice material since everything is provided by the space.

**Registration**

Because of the limited space in our room we ask you to send us a deposit for us to register you. In the case of a cancellation the deposit will not reimbursed.

Places on the workshop are attributed by order of arrival of complete registration packages, which must include: the registration form; a deposit check made out to DSYI, and a self-addressed, stamped envelope.

Once we are in reception of your registration package, we will confirm your registration by email.

(If there is no room, we will put you on a waiting list, and, at last, we will send you back your deposit check in the envelope supplied.)

The day of your session, come at least a half-hour before to pay the balance. Please make sure to have cash or a check for the amount, as we do not accept credit cards.

For any further information, contact:

Jean-François Bouillon  jeanfrancois@nilakantha.fr

**Practical Information**

Garth will teach in English. A French translation may be provided if necessary.

Our space is to be found at, 91 rue du Faubourg Saint-Martin, 75010, very close to the Gare de l’Est, on the same street as the City Hall for the 10th district of Paris, called « le château d’eau ». The closest metro stations are Gare de l’Est, Château d’eau, and Jacques Bonsergent.

Open the coach door with the code (2416) ; walk to the end of the courtyard.

Advice to those new to yoga : don’t eat just prior to practicing ; wear shorts and t-shirt or any comfortable clothing that allows the teacher to see your knees.

**REGISTRATION FORM**

**Workshop with Garth McLEAN 3-5 JUNE 2016**

***Please write legibly !***

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Session 1 : Friday 3 June 14h30-17h 50€ ( deposist =25€)

Session 2 : Friday 3 June 18h-20h30 50€ (deposit = 25€)

Session 3 : Saturday 4 June 10h-13h 50€ (deposit = 25€)

Session 4 : Saturday 4 June 16h-19h 50€ (deposit = 25€)

Session 5 : Sunday 5 June 10h-13h 50€ (deposit = 25€)

Session 6 : Sunday 5 June16h-19h 50€ (deposit = 25€)

 Number of sessions : total deposit :\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Check the sessions you want. Add up the deposits, and fill out a check for the total amount of deposit, making it payable to Diffusion Sciences de Yoga Iyengar (DSYI). Send it to us, along with a self-addressed, stamped envelope, at:

Yoga Iyengar 91

91 rue du Faubourg St Martin

75010 PARIS

The balance is to be paid upon arrival on the first day of your sessions.

For further information, contact :

Jean-François Bouillon : jeanfrancois@nilakantha.fr

***Space is limited. Places on the workshop will be attributed by order of arrival of complet registration packs.***