

Move, Float and Fly !

The art of vinyasa with Julien Gagnon

Part one : March 6, 2010 2 - 5 pm

Part two : March 20, 2010 2 - 5 pm

In this workshop we will experience how to create seamless transitions of Vinyasa with the use of our inner core and breath. This will deepen your understanding of ashtanga flow and creating a real difference in your practice. With this workshop your vinyasa is guaranteed to simply take a flight!

- Moving from your inner core (using bandha)
- Making your vinyasa a really joy
- Take your arm balance (and all inversion) to another level

40\$ for one session and 70 \$ for both

Julien Gagnon

Julien has established himself as an active teacher of yoga and spirituality over the past ten years. His initial practices of meditation provided him with the ethical life values that today represent the foundation of his practice. He focuses on strength, rigour and concentration as the facilitative principles in the practice of yoga which he aims to communicate with respect, humour and levity.



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