

# DAVID KEIL

# THE MATRIX OF ASHTANGA YOGA

SAMEDI 9 MAI - 13H00 - 15H30

Ashtanga Vinyasa Yoga is perhaps one of the most misunderstood styles in the yoga world even though so many other styles are influenced by it. In this workshop we first understand the context within which the Ashtanga Vinyasa Yoga method came to be. Then we look at the essential elements that make it distinct and an extremely internal practice.

This is not a workshop that simply reviews the basics that everyone is familiar with. It is about seeing the practice from a new perspective.

In this workshop, we first discuss the context within which the Ashtanga Vinyasa Yoga method came to be. Then we look at the essential elements that make it distinct and an extremely internal practice. The context that the practice lives in is one of recognizing our true nature. Are the elements in the practice being used to this aim?

The elements that provide the framework for the experience of Ashtanga Vinyasa Yoga are: vinyasa/breath, bandha, drishti, and asana. It's one thing to know what these words mean, and another to have an experience of them. We will be doing small pieces of practice to illustrate the concepts that lead to an actual experience of these elements. We will also take a look at why this method is so often misunderstood. Bring your skepticism and judgments if you wish.

Our intention during this workshop is to create a perspective and understanding of the practice that allows us to appreciate it. The practice is mostly misunderstood by people who have not practiced it. When I use the term practice, I don't mean going to a led primary series class and thinking that one has practiced it. What I mean is, a minimum of 5 days of practice in a row, with a teacher who can transmit the essential points of the practice, that leads one to an EXPERIENCE of the practice.

Ashtanga is much more than doing the postures in a particular sequence.

This is a lecture-based workshop and aimed at those who have an open mind and a desire to understand the Ashtanga Vinyasa Yoga system in a way that enhances whatever method of practice they choose to participate in.

OPEN TO EVERYONE THE LEVEL AND THE METHOD WITH WHICH YOU PRACTICE



IN ENGLISH  
70 CHF

To reserve please:  
[contact@ashtanga-yoga-lausanne.com](mailto:contact@ashtanga-yoga-lausanne.com)

For more information:  
+41 76 378 76 81  
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Location: Yogaworks  
Rue Chaucrau 3-5, 1003 Lausanne

  
YOGA SOURCE  
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# DAVID KEIL MYSORE WEEK

MYSORE WEEK - 200 CHF

WEDNESDAY 6 TO SUNDAY 10 OF MAY

Session 1: 6:00 to 7:30 am

Session 2: 7:30 to 9:00 am

(Saturday session 2: 7:00 to 9:00 am)

Students deserve individualized attention in their practice. In the Ashtanga Yoga Mysore Workshop, I share techniques and tools that are specifically relevant to you and what's going on in your practice. In my way of seeing the practice, this is where true teaching and learning happens. When guidance specific to you is aligned with your needs, growth and change naturally follow.

Yoga is very much about relationship: the relationship you have with the practice and the relationship you have with the teacher who is guiding you. Relationship requires time and space to engage. This is why, in the Ashtanga Yoga Mysore Workshop,

I limit the number of students in the room at one time to a maximum of 12.

This is also why I require that you,  
the student,

**COMMIT TO SIGNING UP FOR 5 DAYS**  
of practice. With my commitment to small numbers and your commitment to daily practice, there is an opportunity for a transformative and in-depth relationship.



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