

# **ASHTANGA SOUTH OF FRANCE WITH ADAM KEEN**

**Monday, July 1<sup>st</sup> to Wednesday, July 31<sup>st</sup>, 2024**

Adam is delighted to be teaching for the entire month of July 2024 at the bijou studio of Ashtanga Yoga Golfe Juan, located on the Côte d'Azur, between Antibes and Cannes.

We will be there for the whole month and there are many options for you to choose from, including the whole package down to single workshop sessions. The studio is a bijoux size, with enough room to create an energy but, you will be assured individual attention and access to Adam's famed technique knowledge.

**Mysore Classes, Monday to Saturday, 9.00 am - 11.00 am**

Within the framework of the Ashtanga sequences, there is a lot of room to suit the practice and make it work for you. And, whilst stressing comfortable, effective, and, most of all, injury-free progress; one can still practice traditionally - keeping to the sequence and its flow.

Adam's approach is not to shame, stop or tell off; rather to make people feel motivated, confident, and safe in their practices. It's not about knowing the whole thing perfectly then, so absolutely everyone is welcome to come and enjoy the benefits of practising at one's own speed and level.

**Saturday, July 6<sup>th</sup>, 11.30 am - 13.00 - Essential Fundamentals**

**Saturday, July 13<sup>th</sup>, 11.30 am - 13.00 - Hip Openers**

**Saturday, July 20<sup>th</sup>, 11.30 am - 13.00 - Arm Balances & Inversions**

**Saturday, July 27<sup>th</sup>, 11.30 am - 13.00 - Jump Through, Jump Back & Other Transitions**

**1 Month Mysore + all 4 Saturdays: €400**

**1 Month Mysore only: €250 (Monday to Saturday)**

**1 Week Mysore only: €100 (Monday to Saturday)**

**Saturday workshops:** €40 each

**Mysore Drop-In:** €25 (priority will be given to those with passes)

To register: <https://www.keenonyoga.com/events/adam-keen-ashtanga-south-of-france/?occurrence=2024-07-01>