



FRANCE INDE KARNATAKA

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10 February 2018 Book
your seat!

In 2018, with FIK, master the advanced yoga poses.

Best wishes to all! To a great start, FIK suggests that you go to its new activity. Yoga teacher or player confirmed it should interest you! Christine Louppe, FIK's treasurer, Yoga teacher (member to the Hatha Yoga French Federation - FFHY) and Shri Mahesh pupil since 1990, suggests you participating to a training workshop on Asana Pranayama techniques in order to master these difficult postures.

Classes will be organized all the quarters (join us on Facebook). The first workshop will take place on **February 10th, 2018** from **2:30 pm** till **5:30 pm** in **19 rue des Hayeps, 93100 Montreuil** (near Nation, underground 9 stop Cross of Chavaux or RER A stop Vincennes). For this classes of three hours, your participation (**EUR 30**) will be donated to FIK to allow the Association to pursue its projects with the mothers and the young children of Halligudi.

Booked for **10 pupils**, he will allow you to receive personalized advice and quite particular attention on behalf of the professor. Reservation with FIK, by e-mail in **franceindekarnataka@gmail.com** or with Christine Louppe at the following address: **louppechr@gmail.com**

“Shri Mahesh said that the yoga was an art. Asana Pranayama are sculptures which you are familiar but let us try now to refine them together with the energy and the enthusiasm of a group. During your inscription do not hesitate to communicate me the postures which you wish to master. In order to share our ideas and to progress together.”

Christine Louppe



Shri Mahesh performing « Mayurasana »



« Sirsasana », a head posture

“Yoga classes become an haven of peace, a break with the everyday life, a special time for recharging one's batteries, in quest of himself.” Shri Mahesh