



## 4 teachers

from the same yoga lineage  
(Sri Krishnamacarya- et  
T.K.V. Desikachar)



# YOGA FESTIVAL “finding harmony”

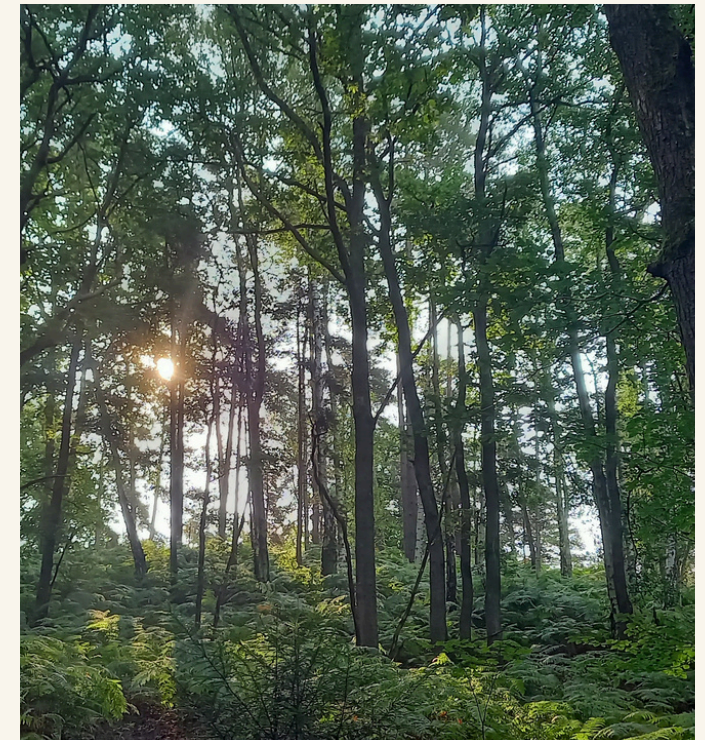
In these troubled and anxiety-inducing times, we offer you a moment of respite to discover the various tools that yoga provides to find inner peace and balance.

*contact and registration*

leyogaparlecriture@gmail.com  
06 84 97 43 00

details  
leyogaparlecriture.com

THURSDAY MAY 1st  
SATURDAY MAY 3rd  
SUNDAY MAY 4th  
in RAMBOUILLET and VERSAILLES  
near PARIS



# SCHEDULE



**THURSDAY May 1**  
**Place : 6 place Raimu**  
**Rambouillet**

**9:00 to 11:00 am**  
Workshop : Leela yoga  
®Lego Serious Play  
with Hariprasad  
45 €

**11:15 to 12:15 am**  
Asana practice  
avec Sylvie  
20€

**2:15 à 4:15 pm**  
Workshop: Yoga and writing  
with Sylvie  
45€

**4:30 à 6:30 pm**  
Workshop : Raga yoga  
with Hariprasad  
45 €

whole day fees : 145€



**SATURDAY MAY 3**  
**Place : 65bis rue du Maréchal**  
**Foch, Versailles**

**10:30 to 1:00 pm**  
Conference  
Marc Ballanfat  
Yoga Sutra  
20€

**2:45 to 4:45 pm**  
Workshop  
with Laurence Maman  
Ayurveda : a model of traditional  
medecine  
45€

**5:00 to 6:00 pm**  
Asana practice and pranayama  
with Eniko  
20€

whole day fees : 80 €



**SUNDAY MAY 4**  
**Place : Rambouillet**

**8:30 to 10:30 am**  
Aruna Mantra practice  
with Eniko  
45€

**11:00 to 1:00 pm**  
Workshop  
“Finding peace  
in the chaos of the world”  
with Hariprasad  
45€

**2:15 to 4:15 pm**  
Workshop  
“Finding peace  
in the chaos of the world”  
(continued)  
with Hariprasad  
45€

**4:30 à 6:00**  
Asana practice and meditation  
with Sylvie  
20€

whole day fees : 145 €

## THE WORKSHOPS

**LEELA YOGA:** Using the LEGO® SERIOUS PLAY® method, this workshop offers a playful way to reflect on oneself. It also incorporates introspective yoga tools such as concentration and meditation. Participants will explore their inner mental patterns and the powers they possess to face life's challenges.



**RAGA YOGA:** This workshop is based on Indian classical music. Listening to musical illustrations of the nine emotions recognized in this art becomes a starting point for deeper self-exploration. The experience is enriched with moments of sharing and reflection.



**YOGA AND WRITING:** Understand and embrace yoga concepts through personal expression. Fun writing exercises inspired by photos and various prompts encourage self-expression and sharing.



**ARUNA MANTRA:** Inspired by the tradition of Sri Krishnamacharya, this practice consists of 32 Sun Salutations interwoven with the chanting of the Aruna mantra by Eniko. Participants can follow their own Sun Salutation practice, follow the teacher's guidance, or simply remain in meditation. Each person engages at their own pace in this unique meditative experience.



**FINDING PEACE IN THE CHAOS OF THE WORLD:** An inner journey to discover a place of grounding and peace amidst today's chaos. Hari offers various playful and interactive methods, including the Flow Game. The workshop includes moments of discussion and connections with the Yoga Sutras.

## ENJOY DISCOUNTED RATES

- Register before April 10 and receive a 10% discount on all your workshops.
- Host a participant coming from afar and get one free workshop (worth €45)
- Come with two other people and receive one free workshop (worth €45).

Visit **[leyogaparlecriture.com](http://leyogaparlecriture.com)**  
for links to Airbnb accommodations in Rambouillet.



## **HARIPRASAD VARMA**

Internationally accredited life and leadership coach. Certified LEGO® SERIOUS PLAY® and FLOW GAME facilitator.

Yoga therapist.

Founder of Zensei and Yogashala, and co-founder of Trtiya, he offers courses, workshops, and retreats focused on personal development, leadership, health, and decolonization.



## **LAURENCE MAMAN**

Doctor and Yoga Teacher Trainer, student of T.K.V. Desikachar since 1977. She has also trained in chanting for many years. Holder of a Master's degree in Psychoanalysis from Paris 8 University, she is currently preparing a PhD on "India and Yoga through the Lens of Psychoanalysis."

# **WHO ARE WE ?**

## **SYLVIE CHAUVET**

Certified Yoga Teacher from IFY in the lineage of T.K.V. Desikachar (Viniyoga).

Continuously training and researching with institutes in India (Yoga Vahini, Ritambhara, Yoga Nidhi). Also a fiction author, she has developed a method of approaching yoga through writing.

Founder of France-India Yoga Sangha, fostering connections between Indian and French yoga practitioners and teachers.



## **MARC BALLANFAT**

Philosophy and Religious Studies Scholar

Agrégé in philosophy, holding a PhD in philosophy (1986) and history of religions. Lecturer at Paris IV Sorbonne.

A Sanskrit translator and specialist in ancient Indian philosophies, he has published numerous works, including a translation of the Bhagavad Gita and, more recently, YogaSutra, les aphorismes de l'école de yoga (Albin Michel).



## **ENIKO PIANOVSZKY**

Eniko has been practicing yoga for over thirty years, sharing her knowledge and passion in the Vinyasa Krama Yoga tradition.

Student of Srivatsa Ramaswami and Saraswathi Vasudevan, following the lineage of Sri T. Krishnamacharya.

A professional trainer at US Yoga Alliance, a member of Viniyoga France Foundation, and a certified yoga therapist from Yoga Vahini. Faculty member at Awake Yoga (Netherlands) and YogaVahini (India). She leads Vedic chanting programs and text study groups under the mentorship of Savithri Ravikrishnan.