

SUMMER INTENSIVES 2026
Paris – Rambouillet Forest
41st year



New location

SUMMARY



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A new adventure begins

*«Change is not something we should fear.
It is something we must welcome »*

B.K.S. Iyengar





Dearest friends,

In this 41st year of summer retreats, we are very happy to begin a new chapter with you at the Domaine de la Butte Ronde.

Each year, we look forward to welcoming you back to collectively honor our revered master, Yogacharya Sri B.K.S. Iyengar, the living source of our practice and teaching.

Nestled in the heart of a lush green setting, near the majestic Rambouillet forest, this new venue offers a natural and peaceful environment for our practice.

4 YOGA INTENSIVES LED BY CORINE BIRIA

Teachers ; General ; Intermediate ; Advanced

Corine will be accompanied and assisted by senior teachers certified by B.K.S. Iyengar, all trained by Sri Faeq Biria.

The teaching provided will remain faithful to that transmitted by the Master at his Institute in Pune, South India.

PRACTICE

Practice will take place in a beautiful, spacious and luminous hall (measuring 300m²), set in a bucolic environment. It will be air-conditioned if needed.

Each day consists of approximately 6 hours of study and postural practice, including 1.5 hours of pranayama, all harmoniously distributed to offer you pleasant moments of relaxation.

During each intensive, we will explore the asanas that help prepare a particular pose and return from it, as well as the role of each pose within a practice, according to the practitioner's level and objectives.

EQUIPMENT

Each practitioner will be provided with 3–4 blankets, 2 belts, 2 blocks, 1 non-slip mat, 1 bandage and a chair.

Upon arrival, you will be asked to collect your equipment pack from the storage area located a short walk from the practice hall. We kindly ask you to return it to the same place before departure.



CHOICE OF COURSES

COURSE N°1 TEACHERS' WEEK

(French & English)

Arrival : Sun. 5th July from 11:30 to 13:30

Departure : Thurs. 9th July at 17:00*

This course is intended for

- all certified Iyengar Yoga teachers**
- practitioners who have completed their three-year mentoring training**

Teachers : Corine Biria & Jordi Marti

COURSE N°2 GENERAL LEVELS 1-2-3

(French & English)

Arrival : Sun. 12th July from 11:30 to 13:30

Departure : Thurs 16th July at 19h00*

This course is intended for

- practitioners with 1 to 3 years of regular Iyengar Yoga practice**
- students from the cycle de pratique et d'approfondissement at the Iyengar**

Teachers : Corine Biria & Emily Megged

COURSE N°3 INTERMEDIATE LEVELS 3-4 (French & English)

Arrival : Sun. 19th July from 11:30 to 13:30

Departure : Thurs. 23rd July at 19:00*

This course is intended for

practitioners with 3 to 4 years of regular Iyengar Yoga practice or who have attended Retreat No. 2

Enseignante : Corine Biria

COURSE N°4 ADVANCED LEVELS 4-5 (French & English)

Arrival : Sun. 26th July from 11:30 to 13:30

Departure : Thurs. 30th July at 16:00*

This course is intended for

practitioners with more than 5 years of regular Iyengar Yoga practice or who have attended Retreat No. 3

Teacher : Corine Biria

* Please note that these times may be subject to change. We will, of course, keep you informed of any changes to the schedule.

Course rates

Nbr of courses	Full rate	Reduced rate*	Special rate**
1 course	560 €	475 €	360 €
2 courses	1070 €	900 €	710 €
3 courses	1500 €	1270 €	1050 €
4 courses	1850 €	1560 €	1380 €

* PLEASE NOTE THAT THESE SCHEDULES MAY BE SLIGHTLY MODIFIED.
FOR STUDENTS (UNDER 26), SENIORS (OVER 70), AND JOB SEEKERS (WITH PROOF).
** FOR PARTICIPANTS COMING FROM EASTERN EUROPEAN COUNTRIES (INCLUDING RUSSIA), SOUTH AMERICA, AFRICA, CHINA (EXCLUDING HONG KONG), INDONESIA, AND OCEANIA.
PARTICIPANTS ELIGIBLE FOR A REDUCED RATE MUST PROVIDE PROOF.

Payment & cancellation

COURSE FEES

To confirm your place in the intensives, teaching fees must be paid at the time of online registration. If payment is not received within 15 days after your online registration, we will be obliged to cancel your registration and allocate the place to someone else.

CANCELLATION POLICY

If cancellation occurs at least 1 month before the start of the selected intensive, fees will be refunded with a €50 deduction for administrative costs.

Less than 1 month before the start of the selected intensive, no refund will be issued, regardless of the reason for cancellation. Thank you for your understanding.

SHUTTLE

To facilitate your travel, a shuttle service will run during the intensives connecting Paris (Porte Maillot – RER C, E and metro line 1) as well as Rambouillet train station. **Please note that the schedule below is approximate and will be confirmed to you very shortly**

ARRIVALS ON SUNDAYS

Shuttle departure times (to be confirmed) :

- approx. 10:30 from Paris Porte Maillot
- approx. 11:45 from the Rambouillet train station.
- Arrival at the Domaine de la Butte Ronde towards midday

DEPARTURES ON THURSDAYS

- Departure on July 9th at approx. 17:00 : arrival at Rambouillet train station towards 17:20, and at Paris Porte Maillot towards 18:30
- Departure on July 16th at approx. 19:00 : arrival at Rambouillet train station towards 19:20, and at Paris Porte Maillot towards 20h30
- Departure on July 23rd at approx. 19:00 : arrival at Rambouillet train station towards 19:20, and at Paris Porte Maillot towards 20h30
- Departure on July 30th at approx. 16:00 : arrival at Rambouillet train station towards 16:20, and at Paris Porte Maillot towards 17h30

Price : 20 euros per trip

Please note that in case of low attendance, the shuttle may be replaced by a smaller vehicle, with a possible additional cost.



Arrival details

Arrival times : between 11:30 and 13:30

Upon arrival, you will be invited to leave your luggage in the designated storage area, then collect your practice equipment in the same location (a few steps away from the practice hall): a mat, 2 blocks, 3–4 blankets, 2 straps, and a chair.

Welcome ceremony, Puja, and practice: from 2:00 p.m.

Rooms will be accessible in the evening after practice.



Departure details

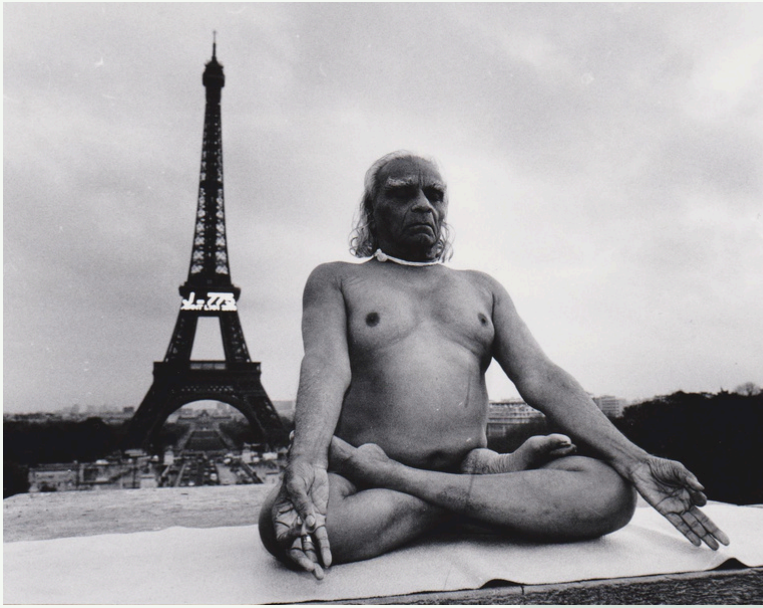
On departure day, rooms must be vacated before 10:00 a.m.

You will be able to leave your luggage in the storage area before Thursday morning practice.

If you are staying for several courses, you may leave your luggage there over the weekends.

What to do during weekends ?

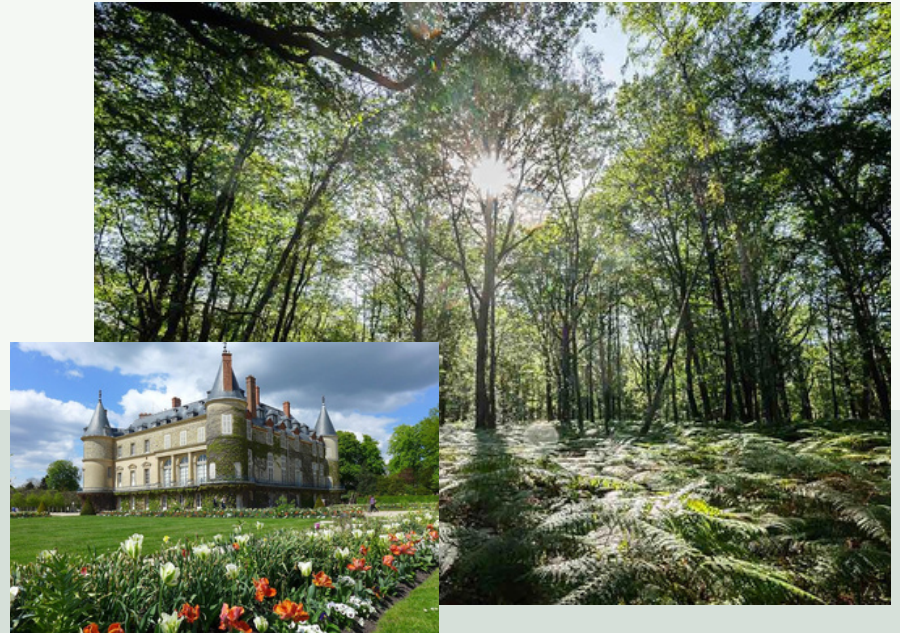
Activities



PARIS

Take the opportunity to discover Paris, the iconic “City of Light,” rich in monuments and museums.

<https://parisjetaime.com>



RAMBOUILLET FOREST & CASTLE

Approx. 20 minutes from the Domaine by shuttle/car. The Rambouillet Forest invites you to hike and relax in an enchanting natural setting. Also discover the Château de Rambouillet, a historic residence that hosted kings and presidents.

<https://www.rambouillet-tourisme.fr/decouvrir-le-territoire/nature/la-foret-de-rambouillet/>

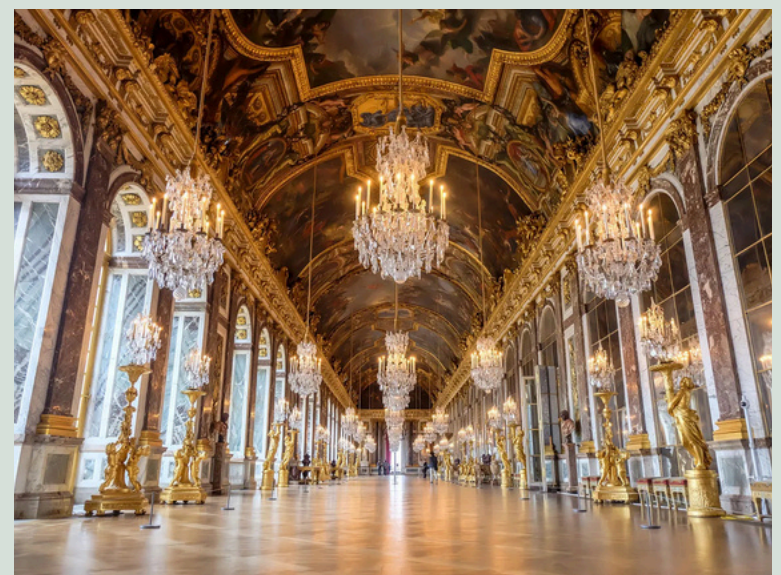


CHARTRES

Approx. 50 minutes by car from the Domaine.

Discover the charming town of Chartres and its famous cathedral.

<https://www.chartres-tourisme.com>



VERSAILLES

Approx. 45 minutes from Porte Maillot to Versailles Rive Gauche station, then a 10-minute walk to the Palace. Discover the historic city of Versailles and the magnificent Palace of Versailles.

<https://www.chateauversailles.fr>

CARPOOLING, SHARED ACCOMMODATION & GROUP OUTINGS



Share convivial moments: join our Facebook group to organize carpooling, shared accommodation, and weekend activities with other practitioners.

Feel free to post your travel offers if you have a vehicle, offers for spare rooms, as well as any useful information.

Click here to join the Facebook group:

<https://www.facebook.com/groups/964802736078557>

Please note that the administrative team of the Iyengar Yoga Center of Paris does not manage this group.

Camping Huttopia Rambouillet : there is a camping site approx. 25 mins away from the Domaine. We invite those who wish to stay there to organise carpooling.

<https://europe.huttopia.com/site/camping-rambouillet/>



How to register to the courses

REGISTRATION FORM

[CLICK HERE](#) to fill out the online registration form, including a photo, date, and signature.

For any questions, contact us at stageyogaiyengar@gmail.com

PAYMENT

Pay the teaching and shuttle fees (not accommodation or meals) :

- [via LinkiPay](#) (secure link sent after registration),
- [by check](#) (payable to “Centre de Yoga Iyengar de Paris”)
- [or via bank transfer](#) (find bank details attached to the email). Kindly include your first and last name as a reference and send proof of payment to: stageyogaiyengar@gmail.com

CONFIRMATION

You will receive confirmation of your registration for the Iyengar yoga intensive(s) and a separate confirmation for accommodation/meals.



We look forward to seeing you on the mats

CONTACT

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