



ADAM KEEN – Ashtanga & wellness retreat
Taghazout - Morocco
OCTOBER 3 – 9 2026
Organised by Le Studio Wellness

A NEW LOOK AT ASHTANGA YOGA

The point of your yoga practice is that it works for you in the here and now. Especially, because if it doesn't it's unlikely to work in the future either. On this retreat you will learn some basic rules that can put you in the driver's seat, enabling you to navigate a practice for yourself that's both safe and also effective for not only physical progress but also a deeper sense of daily peace.

SUNDAY 4 OCTOBER

6:00-8:00: Mysore Self Practice

A self-practice class following the traditional Ashtanga sequences with verbal instruction and light physical assistance. Adam does not believe in forcing people into postures and focuses on safe and non-intrusive assistance, he offers directions for you to experience asanas in a comfortable and stable way. All physical abilities are welcome and it's OK if you need practice sheets, props or to modify asanas to suit your own needs. Beginners will benefit the most if you have memorised the sequence of the sun salutations and first few standing asanas.

8:30-10:00: Tapas: Yoga's Unique Stretch Techniques

What differentiates yoga asana from regular stretching? Although they look similar, on the inside it's very different. Yoga engages a 'right tension' rather than simply flopping. The deeper meaning behind the term tapas is to create heat and pressure in the body to transform the mind and here we will explore how that will also transform your practice.

17.00 – 18.00: Breathing Practice, Introducing Two Types of Meditation

MONDAY 5 OCTOBER

6:00-8:00: Mysore Self Practice (As Above)

8:30-10:00: BENEFITS OF 'RIGHT TENSION'

Using postures from the standing sequence, it will become clear how to take the energy we might usually dissipate away from ourselves in stretching our limbs and focus it back towards our centre. This is to make yoga an energy practice, not simply an exotic form of concentrated stretching.

17.00 –18.00: History of Mysore Ashtanga

TUESDAY 6 OCTOBER

6:00-8:00: Mysore Self Practice (as above)

WEDNESDAY 7 OCTOBER

6:00-8:00: Mysore Self Practice (as above)

8:30-10:00: Transformational Techniques: Same Same, But Different

A streamlined introduction to the postures of the Primary Series, focussed on the understanding that they are subtle ways to release the deep muscles of the spine rather than a rather long-winded way of stretching your hamstrings.

17.00 – 18.00 – History of Modern Yoga

THURSDAY 8 OCTOBER

6:00-8:00: Mysore Self Practice (as above)

8:30-10:00: Workshop - Intermediate Series for Everyone

The first students to Mysore in the 1970s and 80s learnt to build their version of Intermediate Series alongside working on their Primary Series. Unfortunately, due to increase in student numbers, this way of teaching changed in Mysore. Adam believes it makes more sense and everyone who attends can do a version of Intermediate and get the benefits of doing so.

16.00–17.00: History of Classical Yoga

17.00 – 18.00: Sound Healing with Ihssane

FRIDAY 9 OCTOBER

6:00 - 8:00: Mysore Self Practice (as above)

09:00 — Brunch

12:00 — Check-out

