

Ashtanga Vinyasa Yoga Intensive Teacher Training
Self Development and Deepening Your Personal Practice
200 hour Yoga Alliance® Registered,
July 2nd – August 3rd (home study can start March & ends November 2012)
Paris, France

We have developed a special program for those interested in becoming yoga teachers or deepening their personal interest and knowledge of Ashtanga Vinyasa yoga. We are very excited to be offering this unique training for the fifth year, in support of guiding students to cultivate their inner growth and self development through a committed practice and self reflection and then using this inner guide to share their knowledge with others.

This teaching intensive will offer a comprehensive overview of Ashtanga Yoga in a small, intimate group, personally guided by Gerald Disse and Linda Munro. An intermediate level training for those having completed this one will start in 2012.



The training will cover the following areas:

- *Deepening Personal Practice
- *Foundations of the Practice; Bandha, Drishti, Ujjayi
- *Ashtanga Specific Alignment
- *Intro to Anatomy

- *Yoga Philosophy & History (Yoga Sutra of Patanjali, Chakra System)
- *Kriya & Pranayama: Developing a Daily Practice
- *Living a Yogic Lifestyle

- *Mysore Style Adjustments for Primary Series
- *Personalizing Practices for Specific Student Needs
- *Mentored Teaching
- *Teaching Beginners, Led Primary Series and Vinyasa
- *Practice Teaching in a Public Setting

- *Unlimited classes at the studio for 3 months

The course format:

- *5 weeks intensive trainings (9h30 – 17h30 weekdays)
- *35 hours of asana practice (ie: 25 classes minimum)
- *35 hours of assisting/guiding classes (ie: 25 classes)
- *before the training begins, home assignments will be given

Applications:

- *Applicants should have practiced Ashtanga for at least one year or another form of yoga for 2 or 3 years. If we are not familiar with your practice, please take a class with Gerald or Linda for us to see the level of your practice.
- *Write a brief essay telling about yourself; your yoga, pranayama, spiritual trainings and practices; why you are interested in this training; and, what you expect to learn from it.

*Application Deadline: February 28th 2012 to receive a 200 euro discount. Or, June 15th (See last page for application form). In the case of someone signing up in May or June, we will allow you to finish the home study after the intensive.

*Pre-course assignments will be given upon your registration to begin your journey to deepening your yoga practice! We will ask for the assignments to be submitted to us by July 15th.

Cost:

*2,500 if registered & deposit paid by February 28th. Or, 2,700 euros (possible to pay in installments), includes teaching manual & unlimited classes with Gerald & Linda for 3 months before or after the training (not including required books).

Certificate of Completion:

*Will be rewarded upon completion of all required training hours, including practice and assisting hours, and completion of exams & homework assignments to our satisfaction and the student must demonstrate reasonable proficiency in understanding, practicing and teaching the primary series. Note: Missed hours can be made up through privates (4 hours missed equals one and half hours private time 90 €).

About Gérald:



Gérald has been practicing yoga for over 20 years and teaching for 14. He discovered Ashtanga Vinyasa Yoga in 1991 with Sri K Pattabhi Jois in Mysore, India. He spent 8 years traveling to Mysore spending 4 – 6 months per visit to learn more of the system, then going off to some other exotic location to practice daily what Guruji had taught him. Gérald was taught up to the third series and was one of the first French students to have been personally authorized to teach by Sri K Pattabhi Jois. As he had learned directly from the Guru at a time when there were not so many yoga students in Mysore, he started to give workshops around the world. He gave Ashtanga workshops in Australia, New Zealand, and around the USA and Europe.

Gérald has also studied extensively with Ron Reid and Marla Meenakshi Joy. In addition to his Ashtanga yoga practice, he is also a student of Sri O.P. Tiwari and is certified to teach kriyas and pranayama. Gérald has done extensive stays in Vipassana silent meditation centers in India and Australia and continues to cultivate a daily meditation and pranayama practice.

During his travels he visited Auroville, an international spiritual community in Tamil Nadu, South India. He related with the place immediately. It was a way for him to remain connected to the spirituality of India and also still have connection to the west, so he decided to build a house and a yoga shala and become a part of the Auroville community. Gerald spent 5 years there teaching daily Ashtanga Mysore style classes in between his workshops around the world; until 2004 when he decided, after being away for 17 years, to move back to France. Gérald is now settled in Paris where he has founded a beautiful community of yoga with Linda and their children.

About Linda:

Linda was first introduced to yoga in 1996 in Toronto, Canada with Ron Reid and Diane Bruni. She had been in a car accident in 1995 and was in physical therapy when she became interested in yoga as a way to compliment the therapy. Soon after she realized that the yoga would be a life time practice. A practice of asana, pranayama and meditation but also a practice of being truthful, a practice of being kind, a practice of being fearless, peaceful and happy. She believes that the practice of "yoga" is continuous; the practice does not stop when you roll up the yoga mat. The practice of yoga includes the way you live your life, the way you relate to your family, friends, co-workers and to the strangers on the street. This is the lifelong practice of developing yogic awareness.



In 1997 she moved to New York City with her work in the fashion business while continuing a daily ashtanga practice studying under Eddie Stern. The year 2000 brought her to Paris, France. After thirteen years in the world of fashion she decided it was the time to move fully into the direction she had been moving since her first yoga class. She felt a strong desire to strive to give to others what her teachers have given to her; so she started teaching yoga as her own study and practice continues. Gerald and Linda opened Ashtanga Paris in February 2004.

She studies yogic scriptures and philosophy, having completed a 250 hour study program of Patanjali's Yoga Sutra, and a 120 hour course on the Bhagavad Gita under the supervision of Georg Feuerstein. She now is one of his 10 mentoring students and continues studying the Sutras and the Gita under his guidance.

She is also a student of Sri O.P. Tiwari and is able to teach kriyas and pranayama.

Linda's completed teacher trainings with David Swenson, Mark Darby and two with Ron Reid and Marla Meenakshi Joy. In addition she has studied with Sri K Pattabhi Jois in Mysore, India as well as twice in New York City.

She considers Ron, Marla, Tiwari and Georg her yoga teachers from a far. And her husband, Gerald, along with their two young children, Amaya and Jonathan, her primary daily yoga teachers!

Some comments from previous Teacher Trainees:

"Cette formation dense et intense reste très concrète et allie dans un bel équilibre la pratique et la théorie. Le rythme laisse le temps de la "digestion". On se sent progresser à grandes foulées sous l'œil chaleureux et bienveillant de Linda et Gérald. C'était un beau voyage qui m'a transformé" ~Elisabeth

"I started this training hoping to deepen my asana practice and also learn how to teach it. I ended up doing that, but also learning so much about the yogi way of life and thinking, the philosophy, and finally acquiring the sense to enjoy my practice exactly where it is and not "wish" for the next step all the time. I did not expect this, but what a relief it is! I can say that before this training I was a bit mystified by what it meant to be a yogi, and now I feel immersed in it and I am enjoying the path immensely." ~ Lauren

More comments from previous Teacher Trainees:

"I learned much more than I expected. Nothing was missing. Everything was coherent, so well structured, rigorous. It made me want to go even deeper to continue this amazing experience. They say that teaching doesn't consist in filling a vase but in lighting a lamp...this training was rich enough to achieve both aspects. So much to think about, to learn and to practice. Thank you so much."
~ Fanny

"For me, one of the highlights of studying with the two of you was your willingness to share your personal experience of "living the yoga", and to talk about the application of yogic principles to your lives. So many valuable insights into what it means to practice, including the difficulties, the benefits, the hard-won perspective and the lessons learned... all communicated with a lot of humility, sincerity, humor and compassion. A really excellent experience that has greatly informed my relation to practice and life. Thank you!"
~ Joy

"The TT was a very intense experience; Linda and Gerald welcome you into the "big house" and make you feel part of them along with everyone else. The most pleasant thing was for me to feel at ease at all times with all my difficulties and my limits and learned a lot more than I could imagine." ~Flavia

"A very intense experience, teaching us how to open the mind on discovering new sensations and new knowledge: it gave me a new vision of everything and changed my life from now on". ~Amelie

"Those seven months was a lovely time of inspiration and an invaluable apprenticeship. I'm really grateful to meet Linda and Gerald. They are not only advanced practitioner/ teachers but they transmit their teaching with modesty." ~Maria-Luisa

Some Photos from a previous training:



Some commonly asked questions about the training:

-How is the home study part organized?

-For the home study, we will give you a packet with reading assignments and then a couple of assignments and many self-inspection/reflection questions. We will ask for a couple of the assignments plus your notebook with the self-inspection questions (these we won't read them all since they could be personal but we want to verify that every one actually does the work). You can plan your own schedule to do the home study however, we suggest a little be done every week over a 3 month period to make it stick more with the individual and become part of their personal growth.

-Are the classes held in English or French? (Or a combination of both?)

-The training is in English, however in the past since there are a number of French speakers, at times things may need to be translated. Some of the course material that is in the teacher manual that we supply you is also available in French.

-When do I have to do the practices and assisting of classes?

-That will depend on you and your schedule. You have 3 months to do 25 practices with Gerald or myself and 25 assists of our classes. If you are not going to do these practices and assists in Paris, you can do at your regular yoga school in your hometown. By the way, if you are doing them in Paris, you have 3 months unlimited classes so you are welcome do more than 25 practices if your personal schedule allows.

-About the 200 euro discount if I register before the early registration deadline. Is it necessary to pay the entire amount up front to be eligible for the discount?

- You only need to pay the 1000 euro deposit by the deadline. However, you have to give us post dated checks for the remaining amount at the same time when you give the deposit. You can write on the checks the dates that you want us to deposit them, as long as they are all dated before the start of the 5 week intensive. If you do not have a euro bank account you can write checks in American dollars and we'll destroy or return the check to you when you pay the installment by either bank transfer or cash.

-How many hours are spent on asana, anatomy, pranayama, etc?

-We are registered with Yoga Alliance, an internationally recognized yoga standards organizations, you can follow this link to see the details of requirements: <https://yogaalliance.org/content/200-hour-standards>

Asana practice & assisting classes:

For those living outside of Paris and unable to be here to do the assisting and practices be sure to talk to us before registering and we can come up with an alternative way to complete these hours.

Payment & Refund Policy:

All deposits of 1,000 euros are to be received no later than one month before the start of the training, along with post dated checks for the remaining amount (split evenly before the start of the training). The deposit is non-refundable and once the course material has been mailed there will be no refund of the post dated checks. Therefore, after the start of the training all checks will be cashed whether the trainee completes the course or not.

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Teacher Training Reading List

Required Books: The Key Muscles of Hatha Yoga by Ray Long
The Deeper Dimension of Yoga by Georg Feuerstein
Yoga History & Philosophy Teacher Training Manual by Georg Feuerstein

Other Suggested Reading Books:

Philosophy:

The Heart of Yoga by Desikachar
Light on the Yoga Sutras of Patanjali by Iyengar
The Yoga Sutra of Patanjali by Georg Feuerstein
God Talks with Arjuna by Paramahansa Yogananda

History:

The Yoga Tradition by Georg Feuerstein

Meditation:

A Path with Heart by Jack Kornfield

Practice:

Yoga Mala by Pattabhi Jois
Ashtanga Yoga by John Scott
The Practice Manual by David Swenson
Ashtanga Yoga by Gregor Maehle
Back Care Basics by Mary Pullig Schatz

Anatomy:

Anatomy of Movement by Blandine Calais-Germain
Yoga Anatomy by Leslie Kaminoff
Yoga Body by Judith Lasater

DVD's:

Yog anatomy Vol. 1 & 2 by David Keil
Anatomy for Yoga by Paul Grilley
Chakra Theory & Meditation by Paul Grilley

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Registration Form

Name : _____

Address : _____

Telephone : _____

E-Mail : _____

You can write on the back or make more space if you need:

Tell us about your yoga practice (how long you've been practicing, how many times per week, with which teachers, what style, etc):

Tell us about your pranayama experience (have you learned any techniques, do you practice regularly, what do you practice, who did you learn with, etc):

Tell us about your meditation experience:

Tell us about any other experience you feel is relevant to a yoga asana practice (scripture study, Sanskrit study, religious philosophies, psychoanalysis studies, etc):

What do you expect to learn from this training in regards to the yoga?

How do you think you will grow from this training?

Why have you chosen this training?

Please sign and date in acknowledgement of the cancellation policy above.
Attached Payments (cash/checks/dates of checks):