

**Ashtanga Vinyasa Yoga
Intermediate Teacher Training
Self Development and Deepening Your Personal Practice
300 hour Yoga Alliance® Registered
August 2012 – August 2013
Paris, France**

After 5 successful years of the 200 hour training we are thrilled to offer a 300 hour training to qualify for Yoga Alliance 500 hour trainings. To qualify for this training you must have a 200 hour training certificate in Ashtanga Yoga (either with us or another school).

We are excited to deepen the growth and knowledge of Ashtanga Vinyasa Yoga for yoga students and teachers alike! In this training we will do our best to guide you to cultivate inner growth and self development through a committed practice and self reflection and then learning to use 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 along with our teachers, Ron Reid and Marla Meenakshi as guest teachers.

The training will cover the following areas:

- *Refining your understanding of the asanas in order to bring about keen awareness and stillness within for yourself & your students
- *Opening your Personal Practice to another level
- *Foundations of the Intermediate Series (2nd series)
- *Alignment to Allow Removal of Pranic Blockages
- *Anatomy for safe and effective Asana

- *Yoga Philosophy (Yoga Sutra of Patanjali & The Bhagavad Gita)
- *The subtle body: Chakra System
- *Kriya & Pranayama: Developing a Daily Practice
- *Sister Science of Yoga: Ayurveda

- *Make a Living Teaching while Maintaining the Integrity of Yoga
- *Living a Yogic Lifestyle

- *Mysore Style Adjustments for Primary Series & Second Series
- *Personalizing Practices for Specific Student Needs – Restorative Poses
- *Mentored Teaching
- *Teaching Beginners, Led Primary Series and Vinyasa
- *Teaching Themed Classes
- *Practice Teaching in a Public Setting

- *Unlimited classes at the studio for 6 months

The course format:

- *3-4 seven to 13 day intensive trainings (9h30 – 17h30 weekdays)
- *exact dates will be decided at the beginning of 2012
- *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 must have a 200 hour Yoga Alliance certified Ashtanga training (attach photo copy to application)
- *Those that haven't done our 200 hour training will need to do our home-study portion from the first training therefore, allow yourself extra time to do this.

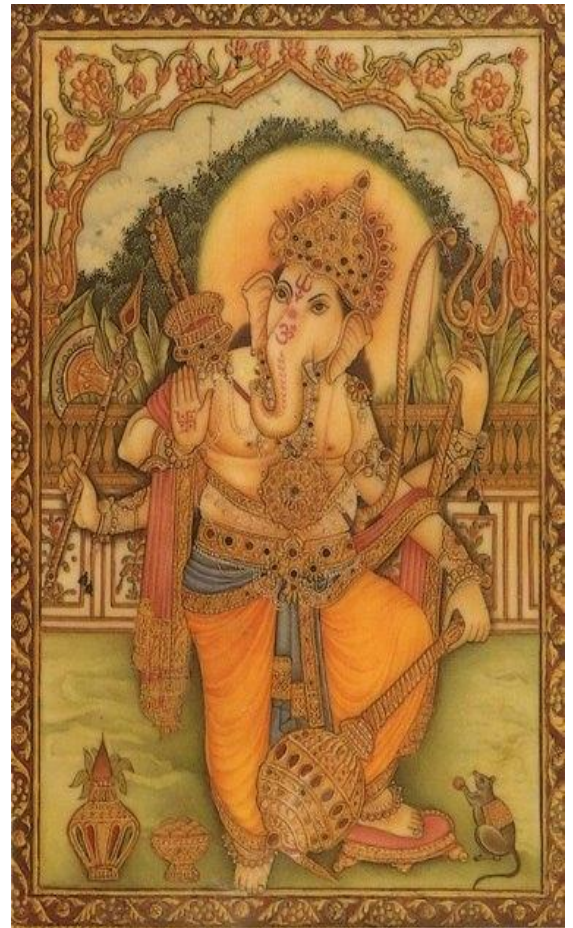
- *Application Deadline: *date to be announced* to receive a 200 euro discount. Or, *date to be announced* (See last page for application form). In the case of someone signing up late, we will allow you to finish the home study after the intensive.
- *Pre-course assignments will be given upon your registration to begin your journey to deepening your yoga practice! We will ask for the assignments to be submitted to us by *date to be announced*.

Cost:

- *3,500 if registered & deposit paid by *date to be announced*. Or, 3,700 euros (possible to pay in installments), includes teaching manual & unlimited classes with Gerald & Linda for 6 months to be used by August 2013 (not including required books). We offer a 100 euro discount for those who completed their 200 hour training with us.

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 able 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. Gérald 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 complement 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. Gérald 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 certified 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, Gérald, along with their two young children, Amaya and Jonathan, her primary daily yoga teachers!

Guest Teachers:

Our teachers, Ron and Marla, will do 6 days of workshops which will be part of the training and in addition there will be a weekend with an anatomy teacher

About Ron Reid:



Ron has been practicing Yoga for over 30 years and teaching since 1988. He is co-owner and Director of the Downward Dog Yoga Centre in Toronto, Canada (www.downwarddog.com) Ron has studied with Sri K. Pattabhi Jois and Sharath both in India and North America and was one of the first Canadian teachers to be authorized by Pattabhi Jois. In addition to regular classes at Downward Dog, he conducts workshops and teacher trainings in Canada, the U.S., Europe, the U.K. and Asia.

Ron is one of Canada's top teachers, approaching teaching in an inspired, informed and non-dogmatic way. He places the needs of the students ahead of the demands of the practice. While continuing to teach and practice the ashtanga vinyasa system as a foundation, he endeavors to blend tradition with innovation, and to balance precision with grace. Students will find his refined approach to practice both challenging and rewarding.

Ron is also an accomplished musician and composer and performs with his partner Marla Meenakshi Joy under their group name "Swaha" (www.swaha.ca)

"Ron teaches with intelligence. His adjustments suit the individual needs of the students. I personally found his adjustments were the best I have received from any teacher. I have very high regard for him as an exceptional teacher."

-Elizabeth Connolly, Yoga Teacher and teacher trainer

"When I think of a yogi, I think of Ron Reid. He teaches from what he has learned from his many years of practice, you can feel that. Even if you've been practicing for years and years he makes you feel curious and excited about yoga through his soft-spoken, humorous and extremely intelligent way of teaching. He knows the body and how it works and he teaches you how to keep it healthy. At the same time his classes are challenging and hot. He makes you want to move to Toronto!!"

-Kristin Leigh, yoga teacher and co-owner of The Shala yoga studio in New York.

About Marla Meenakshi Joy:



Meenakshi first traveled to India in 1988 to study meditation and the philosophy of the Vedas with Swami Shyam, as well as other learned scholars in the Himalayas. She is a Certified Meditation and Yoga Philosophy teacher from the International Meditation Institute in Kullu, Himachal Pradesh, Himalayas.

She currently teaches Ashtanga Yoga, Swaha Yoga, Restorative Yoga, Yogadance, Meditation, Yoga philosophy, Sanskrit, and Chanting privately and in yoga studios in Canada, the U.S., the UK, Europe and Asia. She has been teaching Sanskrit and yoga philosophy in Teacher Training courses since 1999, in Toronto and abroad, and is a Yoga Alliance Certified teacher.

She has been a practicing Shiatsu Therapist since 1993, and has a healing and informative touch. She also leads Kirtan (call-and-response chanting) with her band SWAHA, with inspired musical compositions with her partner/keyboardist, Ron Reid. She has produced four CD's of Sanskrit chanting entitled "Prayer's", "Salutations", "Vishnu's Dream", and "Bolo!" www.swaha.ca

"(Meenakshi)...Nothing short of a shower of blessings to be in her presence. Her teachings are full of light and wisdom generated from lifetimes of divine devotion. With a natural inner cadence, Meenakshi's voice carefully guides you through asana sequences, while subtly setting your mind adrift into deeper peaceful contemplation. By far the best savasana experience as she chants you into a state of final transcendence.-Samantha McDonald, yoga teacher, writer

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 Gérard. 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

"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

"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

"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 6 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 6 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 1500 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 first 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 organization; 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 1,500 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 first intensive session). 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.

Price: 3,500 if registered & deposit paid by *date to be announced*. Or, 3,700 euros (possible to pay in installments), includes teaching manual & unlimited classes for 6 months before or after the training (not including required books). We offer a 100 euro discount for those who completed their 200 hour training with us.

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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
 The Yoga Sutra
 The Bhagavad Gita
 Yoga Body by Judith Lasater

Other Suggested Reading Books:

Philosophy:

Raja Yoga: Being Lectures by the Swami Vivekananda
 The Yoga-Sutra: A Nondualist Interpretation by Georg Feuerstein
 The Yoga-Sutra from a Woman's Perspective by Brenda Feuerstein
 The Yoga Sutras of Patanjali Translation and Commentary by Sri Swami Satchidananda
 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

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:

When did you complete your 200 hour teacher training? Attach a copy of the certificate of completion.

If you completed 200 hour training please tell us the name of the teacher(s), the school, their website and a brief overview of what you covered.

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?

Attached Payments (cash/checks/dates of checks):

Please sign and date in acknowledgement of the cancellation policy above.