

## Ashtanga Yoga Paris with Ashtanga Vinyasa Yoga Intensive Teacher Training Self-Development & Deepening Your Personal Practice

**200+ hour Yoga Alliance® Registered,**  
**February 29<sup>th</sup> – April 1<sup>st</sup> 2016**  
**(home study can start December 2015 & ends December 2016)**  
**ANTIBES, South of France, Côte D'Azur**

The Ashtanga Yoga 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 Sutras 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
- \*Teaching Beginners, Led Primary Series and Vinyasa
- \*Practice or Observe Teaching in a Public Setting
  
- \*Unlimited classes at the studio for 3 months
- \*6-month access to the on-line training videos

The course format:

- \*5 weeks intensive trainings (9h30 – 17h30 weekdays)
- \*35 hours of asana practice (ie: 25 classes minimum) after the 5 week intensive \*possibility of doing in your home town
- \*35 hours of assisting/guiding classes (ie: 25 classes) after the 5 week intensive \*possibility of doing in your home town
- \*before the training begins, home assignments will be given, as well as after the intensive

**Tuition: 2,500 if registered before October 1<sup>st</sup>, 2,700 if registered by December 1<sup>st</sup>, 2,900 if registered after December 1<sup>st</sup>.**

We have developed a special program for those interested in becoming yoga teachers or deepening their personal interest and knowledge of Ashtanga Vinyasa yoga. Gerald and Linda have been training teachers since 2008 and we are very excited to be offering this training for the first time with Cecile Payne in Antibes in the South of France. We are committed to guiding students to cultivate their inner growth and self development through a sincere practice and self reflection and then using this inner guide to share their knowledge with others.



**A bonus to your learning:** you will have 6 months access to the on-line videos of all the topics we cover during the 5-week intensive. An amazing tool to refresh your memory or update your notes once the training is complete!

[www.ashtangayogaparis.academy](http://www.ashtangayogaparis.academy)

This teaching intensive will offer a comprehensive overview of Ashtanga Yoga in a small, intimate group, personally guided by Gerald Disse, Linda Munro and guest teacher Cecile Payne.

The training is recognized internationally. Every year there are people from all corners of the world coming together to share and go deeper in their mutual passion for yoga. We also offer a 300-hour intermediate training.

The 200+ hour training is based on the Ashtanga Vinyasa Primary series, which gives a solid base to any dynamic asana practice since most forms of contemporary flowing yoga styles, have evolved out of Ashtanga.

We go over every asana in strict detail; discovering the basic movements which are universal alignment techniques one can apply to all the Ashtanga series, exploring different ways to modify each position with and without props, learning the contraindications for each asana and alternatives to achieve a similar outcome, how to do hands-on adjustments and especially exploring the anatomical understanding to keep each yoga student safe in the poses to encourage a life time practice.

In addition, what is unique in our training is that all the practitioners will finish the training with a solid kriya and pranayama practice. Every morning we add on to the pre-asana practices so that these highly effective and deep practices are taught correctly and safely. They appear subtle however, their subtleness is deceiving therefore, kriya and pranayama need to be taught with intelligence and awareness. Lastly, as the 'real' yoga is beyond the physical aspect there is a great emphasis put on yogic philosophy and daily living to ensure that we all remember to put in that "1% theory" and apply it to all aspects of our lives; on and off the yoga mat and meditation cushion!



## About Linda Munro

Linda was first introduced to yoga in 1996 in Toronto, Canada with Ron Reid. 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 lifetime 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 life long 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 in 2002 she started teaching yoga as her own study and practice continues. Gerald and Linda opened Ashtanga Paris in February 2004.

She studied 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 was one of his 10 mentoring students until he recently passed away. Linda is also a student of Sri O.P. Tiwari and is certified by him to teach kriyas and pranayama. In addition Leslie Kaminoff certifies her to teach yoga anatomy.



## About Gérald Disse

Gérald has been practicing yoga since 1989 and teaching since 1996. 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.

In addition to his Ashtanga practice, Gérald continues to cultivate a meditation practice in the tradition of Kriya Yoga. He has a daily pranayama practice and has been certified to teach kriya and pranayama by his teacher, Sri O.P. Tiwari.

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 shālā 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 Cecile Payne

After travelling the world for 2 years, Cecile was introduced to the Ashtanga Practice in 2001. She studied for 5 years under the guidance of certified teacher Graeme Northfield, and practiced with various advanced Ashtanga yoga teachers, and senior Iyengar teachers. From 2009, two teachers have influenced deeply her practice, teaching and way of seeing life. Sri O.P. Tiwari for the pranayama and philosophy, Richard Freeman for the ashtanga practice and philosophy. Meeting such great teachers was a chance to take yoga beyond the physical aspect and start to discover the bigger picture behind.

She is a Certified teacher by yoga alliance (E-RYT200H ET RYT-500H), and founded Ashtanga Yoga Antibes in 2004. The School is now registered with Yoga Alliance and offer 200H-teacher training.

She received her Certification in Pranayama with Sri O.P. Tiwari and Kaivalyadham Yoga Research Institute; and has one for teaching yoga to children and teenagers.

Her approach as a teacher is supportive and adapts the practice to suit each individual needs; her teaching is based on the natural intelligence of the breath. And it is when the breath can unfold without restrictions, that transformation and inner growth appear. For her the Ashtanga practice goes far beyond the physical aspect, and through the control of the breath one can reach more subtle levels in their practice and bring conscious awareness in their body, mind and daily life.

[www.ashtangayogaantibes.com](http://www.ashtangayogaantibes.com)

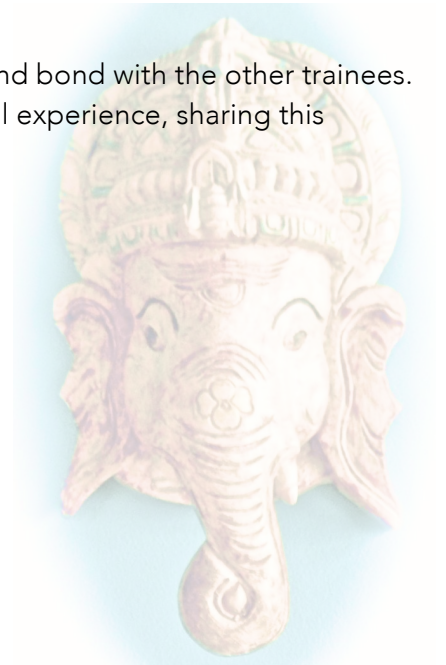


## 5-Week Intensive Structure

During the intensive the general schedule will be as follows:

Monday to Friday

- 9h30 / 10h00 – 12h00 pranayama & asana practice
  - The mornings will be dedicated to pranayama and asana practice.
  - Most mornings it will be Mysore style practice.
  - However, there will be special Led classes 1 - 3 times a week.
    - Led Primary Series
    - Hip Opening Sequence
    - Back bending Sequence
    - Breaking it down into Basics
    - Yin Restorative Practice
  
- 12h00 – 13h15 lunch break practice
  - We take a decent time to eat a light lunch, digest properly and bond with the other trainees. These people tend to become an integral part of your overall experience, sharing this intense experience with other like-minded people!
  
- 13h15 – 15h15 lecture
  - The early afternoons will be dedicated to various topics.
  - Anatomy
  - Yoga Sutras
  - Teaching Methodology
  - Chakra System
  - Yoga in Daily Living
  - And more...
  
- 15h15 – 15h25 short tea break
  
- 15h25 – 18h00 asana technique
  - The late afternoons will be dedicated to the detailed exploration of specific āsanās.
  - Each asana of the primary series will be broken down into it's various parts to learn:
    - The universal alignment of the asana
    - How to teach it
    - How to adjust it
    - How to modify it
    - Variations on the asana
    - The contra-indications
    - The name in Sanskrit
    - How relates to the other āsanās in the sequence
    - And more...
  
- Certain sessions will be replaced with the Practicums and exams that will be done at various times throughout the 5-week intensive.



## Commonly Asked Questions

*Q: Why is your intensive 5 weeks instead of 4, like other trainings?*

A: A 5-week intensive in lieu of a 4-week intensive: we have experimented and have found that spreading the teaching over 5 weeks instead of 4 allows the yoga student to better integrate the teachings into their practices, assimilate all the new information and by the end are able to give a better class than when we 'rush' it. "Slowly, slowly, as Pattabhi Jois used to say." So this is why we have decided to keep the 5-week format with the months of preparatory work instead of the more common 4-week intensive without preparatory work.

*Q: And why do you have additional hours of preparatory home study and expect us to do a certain number of practices and assists of classes after the intensive?*

A: Basically for the same reasons as the previous question. Over the years, we've seen that those who put the extra time in are better teachers. As studio owners who will only hire teachers who have done this kind of training and have a committed, sincere personal practice, we feel it is only being honest to offer in our teacher training what we expect from the teachers we hire.

*Q: Why take the time from my busy schedule to do this training?*

A: It is always recommended in yoga to put aside periods of time for personal reflection and study. It can be difficult to do this without the guidance of a teacher; this is one of the reasons why we offer this training. It adds structure to the self-study and practice that is essential to taking life-transforming steps.

*Q: How is the preparatory home study organized?*

A: For the home study, we will give you a packet with reading assignments and then a few assignments and many self-inspection/reflection questions. We will ask for 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.

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

A: The training is in English, however the Teaching Manual is available in either French or English. As well, there are a number of French speakers in each training therefore, whenever it is needed, you can request a translation of things you don't fully understand.

*Q: When do I have to do the practices and assisting of classes?*

A: That will depend on you and your schedule. You have 3 months to do 25 practices with Gerald or Linda and 25 assists of their 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 encouraged do more than 25 practices if your personal schedule allows.

*Q: About the 200 - 400-euro discount if I register before the early registration deadlines. Is it necessary to pay the entire amount up front to be eligible for the discount?*

A: 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 1 month 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.

*Q: Can I still take your training if I haven't established a traditional Ashtanga practice?*

A: The 5-week intensive is exactly what it says in its name...intense. Therefore, it is recommended that you have had a steady Ashtanga practice for a minimum of one year or of another dynamic style of yoga asana for at least 2 years. Those who do not will find that they burn out by the middle of the training. In addition, when we give you the preparatory home study, one part is that you memorize the portion of the ashtanga system you are working on. So if you are not already doing Ashtanga, we expect you to cultivate a daily practice starting at least 3 months before the beginning of the intensive.

*Q: How many hours are spent on asana, anatomy, pranayama, etc.?*

A: We are registered with Yoga Alliance, an internationally recognized yoga standards organizations, you can follow this link to see the details of requirements: [www.yogaalliance.org](http://www.yogaalliance.org)

*Q: Will I be ready to teach after this training?*

A: This is a personal decision for each individual to make once they have finished all aspects of the training. Some of the previous trainees have started teaching straight away (or have already been teaching already for many years) and others prefer to take time to integrate what they have learned into their practices before beginning to teach. Since part of the training includes assisting classes, this allows those more hesitant to get a 'taste' of teaching by just observing classes and feeling comfortable being in the yoga room even when not practicing.

*Q: Do I have to want to become a yoga teacher to do this training?*

A: The answer is of course not! In fact first you are always a yoga student before being a yoga teacher! You can only sincerely teach what you yourself have experienced. This is why we call it a 'self-development and deepening your personal practice' and teacher training. Committing yourself to 5 weeks of 8 hours a day yoga study will bring about deep personal growth. You still need the regular weekly practice but nothing compares to a profound intensive like this!

*Q: When do I receive the Certificate of Completion?*

A: It 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 & half hours private time).

## 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, France

"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, USA

"I thoroughly enjoyed your teacher training, and thought it was extremely well rounded. It was physically tiring (in a good way!), but actually made me love the practice even more. I appreciated learning more about the anatomy as it relates to yoga, and found it so helpful to break down each of the postures, paying more attention to alignment. I found the handouts very helpful, but it was good to be able to take my own notes too. It was great to learn more about the history, the sutras and the chakras too. I found it really interesting. Thank you both so much for sharing so much of your knowledge!" ~Emma, New Zealand

"I learned much more than I expected. Nothing was missing. Everything was coherent, so well structured, and 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, France

"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, USA

"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, Italy

"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, France

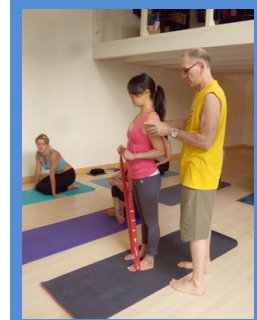
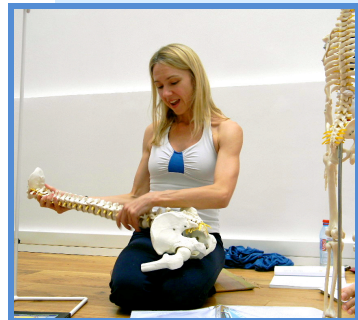
"Those seven months was a lovely time of inspiration and an invaluable apprenticeship. I'm really grateful to meet Linda and Gerald. They are not only advanced practitioner/ teachers but they transmit their teaching with modesty." ~Maria-Luisa, Argentina

"The Ashtanga Yoga Paris 200HR Teacher Training is a life changing adventure. It is a holistic immersion into the teachings of yoga, a month intensive full of asana, pranayama, meditation, self-development, and scriptural study to deepening one's yogic path in a creative way. Morning Mysore-style practice and afternoons being in a satsang created a valuable and beautiful experience, where trainees from across the borders come together to Paris seeking true yoga teachers. By the end of the training, hearts feel overwhelmed with inspiration and love, pure love. There are no words that can describe my gratitude to Linda and Gérald for teaching and sharing what they live, a way of life, and a very fulfilling one if you heartedly embrace it." ~ Carolina, Columbia



# Videos and Photo Collage From Previous Trainings

Click below or go to our YouTube channel to see videos.



# Application Instructions & Deadlines

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 or get a teacher recommendation.

If you have a serious and committed yoga practice and are interested in this intensive don't hesitate to talk to us to get advice about whether this training is for you. [info@ashtangayogaparis.fr](mailto:info@ashtangayogaparis.fr)

Enrollment is limited therefore; we suggest you enroll during one of the 'Early Bird' time frames. We may accept last minute applications only if there is space in the program.

For the Extra Early Bird price of 2,500 euros, you must register (which includes sending us the registration form, 1,000 euro deposit and one or two post-dated checks for the remaining 1,500 dated no later than January 29<sup>th</sup>) **by October 1<sup>st</sup>**.

For the Early Bird price of 2,700 euros, you must register (which includes sending us the registration form, 1,000 euro deposit and one or two post-dated checks for the remaining 1,700 dated no later than January 29<sup>th</sup>) **by December 1<sup>st</sup>**.

For the Regular price of 2,900 euros, you must register (which includes sending us the registration form, 1,000 euro deposit and one or two post-dated checks for the remaining 1,900 dated no later than January 29<sup>th</sup>) **after December 1<sup>st</sup>**.

**These prices include the Ashtanga Yoga Paris Teaching Manual, 3 months of unlimited classes at AYP or AYA and 6-month access to all the on-line teacher-training videos.**

Preparatory assignments will be given at the beginning of October or upon your registration to begin your journey to deepening your yoga practice!

We will ask for the assignments to be submitted to us before the 5-week intensive by January 30<sup>th</sup>.

## Payment & Refund Policy:

All deposits of 1,000 euros are to be received when registering for the training, along with post dated checks for the remaining amount (split evenly before the start of the training but no later than one month before the intensive begins). The deposit is non-refundable and once the course material has been mailed there will be no refund of deposits. You may have the amounts of the post-dated checks returned up until January 1<sup>st</sup>. However, after January 1<sup>st</sup> all checks will be cashed whether the trainee completes the course or not. We can hold a space for you to take the training the following year.

To process your application, please send your fully completed application to:

Gerald Disse  
Ashtanga Yoga Paris  
40 ave de la République  
75011, Paris  
France



# Ashtanga Yoga Paris Teacher Training Application – Antibes

Names  Today's Date

Address

Telephone

E-Mail

Age

Current Job

Year of training you are applying for

How did you learn about the Ashtanga Yoga Paris Teacher Training program?

## Personal Information

1. How would you evaluate your current health?

Excellent

Good

Fair

Some challenges (briefly describe below)

2. How long have you been practicing yoga? How many days a week? And which style?

3. At which yoga studios do you currently practice?

4. Do you have a home practice?

5. Who have been your primary teachers? Past and present.

6. 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.).

7. Tell us about your meditation experience.

8. What area of yoga challenges you the most?

9. Is this your first teacher training? If not, please list prior trainings.

10. Are you currently teaching yoga? If yes, for how many years and where do you teach?

11. Do you plan to teach after this training?

Yes  No, it's for my personal growth only.

12. Why have you chosen the Ashtanga Yoga Paris teacher training?

13. What do you expect to learn from this training in regards to the yoga? And how do you think you will grow from this training?

14. Will you be doing the 25 practices and 25 assists with at **Ashtanga Yoga Antibes or Ashtanga Yoga Paris**? If not, tell us if you have a teacher in your hometown that is willing to allow you to assist in their classes. And if you do not have a teacher then the option is for you to do a special project, teaching a couple of groups of friends and making a report of what you teach, the history, progress and the affects on your students. With photos and notes from those you are teaching. Please tell us in advance if you need this alternative and during the intensive we will give you all the details we are expecting from the 'report'.

15. Please tell us if you prefer the manual in French (most is translated, except if it is a copy of an article or from a book that is not our original text) or English: **FRENCH** or **ENGLISH** (circle the correct language)

## Payment Information

I am registering at the appropriate time to be eligible for the:

- Extra Early Bird price of 2,500 euros by October 1<sup>st</sup>.
- Early Bird price of 2,700 euros by December 1<sup>st</sup>.
- Regular price of 2,900 euros after December 1<sup>st</sup>.

I am enclosing the following in checks "make to the order of GERALD DISSE":

- The full amount of  euros.
- The deposit of 1,000 euros.
- Post-dates checks (list amount and dates to be deposited below). "To the order of GERALD DISSE"

I have sent the following amount by bank transfer (include copy of transfer confirmations):

- The full amount of  euros.
- The deposit of 1,000 euros.
- And am including post-dates checks (list amount and dates to be deposited below). "To the order of GERALD DISSE"

Payment & Refund Policy:

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**I have read and accept the above terms, please sign and date below.**

# Teacher Training Reading List

## Required Books that you must buy:

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 that you don't have to buy:

### Philosophy:

The Yoga Sutras by Swami Satchidananda  
The Yoga Sutras, A Non-Dualist Interpretation by Georg Feuerstein  
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  
The Practice Manual by David Swenson  
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:

Yoga Anatomy on-line course by Leslie Kaminoff  
Yog anatomy Vol. 1 & 2 by David Keil  
Anatomy for Yoga by Paul Grilley  
Chakra Theory & Meditation by Paul Grilley



## Contact Info

We'd love to hear from you and answer any questions you may have about us or the Teacher Training!

Yours in Yoga,

Gérald Disse & Linda Munro

INFORMATION :

Ashtanga Yoga Paris

[www.ashtangayogaparis.academy](http://www.ashtangayogaparis.academy)

[info@ashtangayogaparis.fr](mailto:info@ashtangayogaparis.fr)

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TRAINING LOCATION :



ASHTANGA  
YOGA  
ANTIBES

3 Avenue Tourre, 06600 Antibes

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