

The Ashtanga Yoga Paris training with Linda Munro & Gérald Disse 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 (2<sup>nd</sup> 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

\*Living a Yogic Lifestyle

\*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 3 months \*3-month access to the on-line training videos

The course format: \*6 weeks intensive trainings (9h30 – 17h30 weekdays) \*35 hours of asana practice (ie: 25 classes minimum ~ possibility of doing in your home town) \*35 hours of assisting/guiding classes (ie: 25 classes) after the first intensive (possibility of doing in your home town) \*Home assignments will be given throughout the year

Tuition:

3,600 if registered before August 1<sup>st</sup>

3,800 if registered by December 1<sup>st</sup>,

4,000 if registered after December 1<sup>st</sup>.

There is an additional 100€ discount for graduates of our 200h teacher Training.

## Ashtanga Yoga Paris Intermediate Level Teacher Training Self-Development & Deepening Your Personal Practice

**300+ hour Yoga Alliance® Registered, 2016, Paris, France  
(home study can start from November 2015)**

We are thrilled to offer our 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 the knowledge with others.

A bonus to your learning: you will have 3 months access to the on-line videos of all the topics we cover during the 5-week 200h intensive. An amazing tool to refresh your memory or update your notes before embarking on the 300h training!  
[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 and Linda Munro along with, one week with special guest teachers Ron Reid and Marla Meenakshi plus participation in Leslie Kaminoff and Amy Matthews YogaAnatomy.net on-line Fundamentals course.

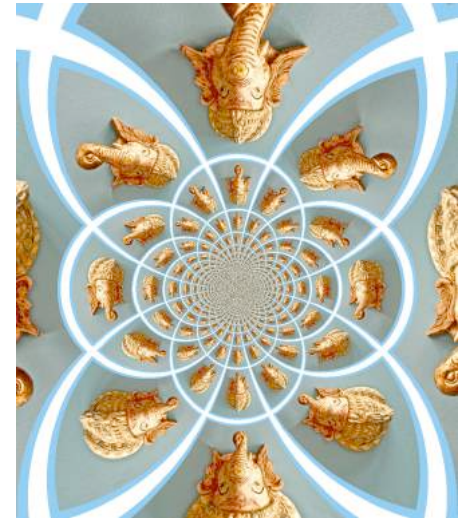
The training is recognized internationally. Every year there are people from all corners of the world coming together to share and go deeper in their mutual passion for yoga in this beautiful city, Paris.

The 300+ hour training is based on the Ashtanga Vinyasa Primary and Intermediate 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 review key poses and the 'gate-keepers' from the primary series then we go over the asanas from the intermediate series; 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 continue on from the kriya and pranayama practice learned in the first training. 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, we will go deeper into the Yoga Sutras of Patanjali, building on the basis from the first level training and then begin into the Bhagavad Gita. These classic texts teach us that 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 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 Ron Reid (Guest Teacher)

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. He 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 endeavours to tradition with innovation, and to balance precision Students will find his refined approach to practice challenging and rewarding.



blend  
with grace.  
both

## About Marla Meenakshi Joy (Guest Teacher)

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, 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.

## ASHTANGA YOGA PARIS + YOGAANATOMY.NET ONLINE WORKSHOP SYLLABUS



### Unit 1: It all starts with a Cell...

- **Curve Exploration:** A physical exploration introducing the idea of primary and secondary curves.
- **Embodying Anatomy:** What "embodying" actually means, and how a knowledge of anatomy can improve your practice and your teaching.
- **Planes in Space:** Immediately applicable teachings about three dimensional planes in space, and how to layer this knowledge into teaching asana.
- **Baby Cobra Exploration:** A practice about following your innate wisdom to guide your body's shape-change, and learning how to invite your students to do the same.

### Unit 2: An Introduction to Bones

- **Form & Function:** How bones are built, their role in our body, and how to keep them healthy.
- **Joints:** The definition of a joint, what joints look like in the body, and how to protect joints for a lifetime of healthy practice.
- **Guided Savasana:** A guided exploration of your skeletal system.

### Unit 3: The Spine – Evolution & Development

- **Evolution & Development:** Examining the spine through the lenses of history and embryology.
- **The Spine – Piece by Piece:** A tour of individual vertebral bodies, their unique shapes, and clues they hold about optimal functioning.
- **The Spine – Disks and Curves:** The spine as a balancing system, and how to get out of your own way as you practice.
- **Physical Exploration:** A guided meditation traveling through the curves of the spine.



Leslie Kaminoff & Amy Matthews, co-authors of the #1 best-selling yoga book *Yoga Anatomy*, have been bringing the study of anatomy to life for over 35 years.

Together, they share their teachings with a worldwide audience online through YogaAnatomy.net, and in person in their Advanced Studies Program at the Breathing Project in NYC.



### Unit 4: Lower Limbs & Pathways of Support

- **Gravity & Levity:** How limbs transfer weight into the earth and gather support from the earth.
- **The Foot:** How bones and muscles are arranged in the foot, and what that means in terms of body structure and support.
- **The Upper Lower Limb:** The structures at the top of the leg, and how ideas about the leg affect movement patterns.
- **Physical Exploration:** Awakening the arches of the feet, and differentiating the sitz-bones from the tailbone.

### Unit 5: Upper Limbs

- **Stira, Sukha, & Spirals:** Opportunities for stability and mobility, and how to lead students to safely support themselves with their upper bodies.
- **Scapula & the Shoulder Joint:** A look at the most flexible joint in the body, and how to keep healthy joint space during asana.
- **Physical Exploration:** Exploring the scapula as part of the arm.



### Unit 6: Muscles & Connective Tissue

- **Form & Function:** Elements of the muscles and connective tissue, what they do best, and what this means for a yoga teacher.
- **Muscles & Movement patterns:** How our habits can shape our bodies, and how to develop new, healthy patterns for life.
- **Physical Exploration:** Differentiating muscle actions across various joints.

### Unit 7: Strength & Flexibility

- **Muscles as a part of the Nervous system:** The intersection between the muscles and the nervous system, and the links between your mind and your muscles.
- **Questions, Answers, & Explorations:** An opportunity to assimilate everything

that's been learned so far and try out some concepts through asana.

- **Physical Exploration:** A partner exercise using therabands, and a seated exploration.

### Unit 8: The Breath

- **Prana & Apana:** How the most fundamental truths of yoga can be traced to the most basic structures in your body.
- **Making Space:** Techniques to release your habits and allow the breath to move into new spaces.
- **Defining the Diaphragm, Pressure & Pranayama:** An introduction to the primary muscle responsible for breathing, and a movement exploration.
- **The Mechanics of Ujjayi:** How ujjayi works, and when it's effective in practice.
- **Physical Exploration:** A pranayama practice focused on prana and apana.

### Unit 9: Additional Breathing Muscles & Diaphragms

- **Breathing – The Accessory Muscles:** Which muscles are actually involved in breathing, and how this often relates to back pain.
- **The Bandhas – Practice & Application:** The basics of the bandhas, and how to set up a sequence so they can happen automatically.
- **In-Class Exploration:** A guided meditation breath exercise.

### Unit 10: Putting Theory into Practice

- **Finding Your Own Way:** A culminating physical practice for embodying anatomy.
- **In-Class Exploration:** Partner exercise exploring the pathways of weight through balancing, standing, and arm-support postures.
- **Presentation of final research project.**



INTERESTED? CONTACT LINDA FOR ALL THE DETAILS.

## 6-Weeks of Intensives

These are the dates of the intensives (in general Monday to Friday but in October there will be a weekend included with Ron & Marla):

February 8 – 19, 2016.

April 11 – 22, 2016.

October 20 – November 2, 2016.

During the intensive the general schedule will be as follows:

### Monday to Friday

- o 9h00 / 9h30 – 11h30 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
    - Led Second Series
    - Hip Opening Sequence
    - Back bending Sequence
    - Breaking it down into Basics
    - Yin Restorative Practice
- o 11h30 – 12h45 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!
- o 12h45 – 14h45 lecture
  - The early afternoons will be dedicated to various topics.
  - Anatomy
  - Yoga Sutras
  - Bhagavad Gita
  - Teaching Methodology
  - Chakra System
  - Yoga in Daily Living
  - And more...
- o 14h45 – 14h55 short tea break
- o 15h00 – 17h30 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...
- o Certain sessions will be replaced with the Practicums and exams that will be done at various times throughout the year.

## Commonly Asked Questions

*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 a portion of 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 of unlimited class cards to do 25 practices at AYP with certain teachers. 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 first 2-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 instalment by either bank transfer or cash.

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

A: The intermediate training is only for those who have completed a previous Ashtanga teacher training. Therefore, it is assumed you have an established Ashtanga practice, perhaps not an intermediate practice but definitely having completed the entire primary series is compulsory. Those who do not will find that they burn out by the middle of the training. So if you are not already doing Ashtanga, we expect you to cultivate a daily practice starting at least 6 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: 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 a year of yoga study will bring about deep personal growth; 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).





# Videos and Photo Collage From Previous Trainings

Click below or see our YouTube channel for videos.



# Application Instructions & Deadlines

Applicants must have a 200h Ashtanga Teacher Training Certificate (please enclose a photo copy with your application). 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 3,600 euros, you must register (which includes sending us the registration form, 1,000 euro deposit and two post-dated checks for the remaining 2,600 dated no later than December 1st for the first check and January 1st for the second check) by **August 1st**.

For the Early Bird price of 3,800 euros, you must register (which includes sending us the registration form, 1,000 euro deposit and two post-dated checks for the remaining 2,800 dated no later than December 1st for the first check and January 1st for the second check) by **December 1st**.

For the Regular price of 4,000 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 3,000 dated no later than January 1st) **after December 1st**.

**These prices include the Ashtanga Yoga Paris Teaching Manual, 3 months of unlimited classes at AYP and 3-month access to all the on-line 200h teacher training videos.**

**Note that those who completed our 200h training can reduce the above prices by 100€.**

## 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 2nd post-dated checks returned up until December 15th. However, after January 1st 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:

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



# Ashtanga Yoga Paris Teacher Training Application

Name  Date

Address

Téléphone

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 problems (briefly describe below)

1. 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 us at 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 3 600 euros before August 1st.
- Early Bird Price of 3 800 euros before December 1st.
- Regular Price of 4 000 euros after December 1st.
- I am entitled to 100 euros off because I already did the AYP 200h training.

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

- The full amount of  euros.
- The deposit of 1000 euros.
- Post-dates checks (list amount and dates to be deposited below). Make the checks 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 1000 euros
- And am including post-dates checks (list amount and dates to be deposited below). Make the checks to the order of GERALD DISSE

## 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 dates indicated in the application). 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 2nd post-dated checks returned up until December 15th. However, after January 1st 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.

**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  
The Yoga Sutra  
The Bhagavad Gita

## 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  
Yoganatomy 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, our Teacher Training or Ashtanga Yoga Paris!

Yours in Yoga,

Gérald Disse & Linda Munro

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75011, Paris  
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[info@ashtangayogaparis.fr](mailto:info@ashtangayogaparis.fr)

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