



## ASHTANGA YOGA PARIS

**200+ Hours of Teacher Training,  
Self-Development & Deepening Your Personal Practice**

### PARIS, FRANCE

July 27<sup>th</sup> – August 28<sup>th</sup>, 2020.

Monday – Friday 9:30am – 5:30pm

Home-Study can start when you sign up & ends November 2020



Linda Munro and Gérald Disse have developed a special program for those interested in becoming yoga teachers or deepening their personal interest and knowledge of Ashtanga Vinyasa Yoga. They are honored to have been offering this program since 2008, in support of guiding yoga practitioners 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. There have been dozens of trainees who have graduated from this teacher training and are now fulfilling their dream of sharing yoga, either as independent teachers, within their own schools of yoga or at AYP. All the teachers at AYP in Paris have completed the program!

We go over every asana in the primary series 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, every morning we do a kriya and pranayama practice. These are highly effective and deep practices that must be taught correctly and safely. They appear subtle however, their subtleness is deceiving therefore, we teach and practice them 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!

## International Recognition

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 country, France. It's an inspiring and uniting experience. We also have a 300-hour intermediate training so you can continue to grow in your yoga studies. Both levels of training are certified by Yoga Alliance.

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.

## The Course Format

Home-Study to be done before the Intensive  
Intensive Training

25 Classes at AYP \*possibility of doing in your hometown

25 Assisting or Observing Classes at AYP \*possibility of doing in your hometown

Home-Study to be completed after the Intensive

You have a 25-class card valid for classes at AYP.

The card can be used from when you register up until 6 months after the intensive.

## Intensive Study Topics

Deepening your Personal Asana Practice  
Kriya & Pranayama: Developing a Daily Practice

Foundations: Bandha, Drishti, Ujjayi, Prāna  
Ashtanga Specific Alignment  
Intro to Anatomy for Yoga

History of Ashtanga Yoga  
Yoga Philosophy: Sutras of Patanjali  
The Subtle Body: Chakra System  
Living a Yogic Lifestyle  
Mantra

Mysore Style Adjustments for Primary Series  
Teaching Beginners, Led Primary Series and Vinyasa  
Teaching Methodology  
Personalizing Practices for Specific Student Needs  
Modifications, Variations, Props, Contra-indications of each Asana  
Practice Intelligent and Effective Teaching

## Home-Study Topics

Self-Inspection Journaling  
History of Yoga  
Yoga Sutras of Patanjali  
Philosophy and Principles of Yoga  
Anatomy for Yoga  
Written Essays

**Linda Munro**



Linda took her first yoga class in 1995 in Toronto, Canada with Ron Reid. But a couple of months later she was in a fairly serious car accident and had to have physical therapy. This is when she decided to use the 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 sincerely give to others what her teachers have given to her; so, in 2002 she started teaching yoga as her own study and practice continued. 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. Then she was one of his 10 mentoring students until he passed away in 2012. Linda is also a student of Sri O.P.

Tiwari and is certified by him to teach pranayama. As well she has completed the anatomy for yoga training with Leslie Kaminoff and is a junior yoga anatomy trainer. Not to mention she has studied with the late guru of Ashtanga Yoga, Sri K. Pattabhi Jois in Mysore, India and NYC.

Linda is registered as an experienced registered yoga Alliance Teacher and continuing education trainer.

## 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 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.

Gérald is an Experienced Registered Yoga Alliance teacher.



# Ashtanga Yoga Paris

Academy



## A Bonus to your Learning

You will have 6-months access to our Ashtanga Yoga Paris Academy; the on-line videos of all the topics we cover during the intensive. It can be accessed at any time, up to a year after completing the intensive. An amazing tool to refresh your memory or update your notes once the training is complete!



ASANAS  
Asana technique and adjusting

Unit 6 ⌚ time:  
41:36

### 6-4 Parivritta Parsvakonasana

This is quite an advanced asana that without technique we just feel stuck so in this video we explore different ways to get into the pose with awareness and precision. In addition, how to work with a partner to guide them into the alignment.



ASANAS  
Asana technique and adjusting

Unit 6 ⌚ time:  
46:42

### 6-5 Dandasana & Paschimottanasana

Sitting forward bends are challenging for a good part of the population. Before we bend forward, we need to learn to sit up straight in Dandasana so in this video we look at that pose and how to observe it to know if the person is ready to move to the next pose and if so, what kind of variation is needed to keep the individual in a safe, healthy pose. (note that the contraindications are explained in video ~ Bonus Forward Bending Adjustments & Preps)



ASHTANGA FUNDAMENTALS  
General

Unit 2 ⌚ time:  
43:59

### 2-1 Some Fundamentals of Ashtanga: Drishti, Vinyasa & the Six Series

In addition to bandhas and breathing there are other "fundamentals" to observe. Also, the different "series" of Ashtanga are explained.



ASHTANGA FUNDAMENTALS  
General

Unit 2 ⌚ time:  
29:24

### 2-2 The History of Ashtanga Yoga

There is a long lineage connected to Ashtanga Vinyasa Yoga which is a fascinating story. Gerald tells about Krishnamacharya and Pattabhi Jois and their expertise in Yoga.



## Intensive Structure

The general Monday to Friday schedule will be as follows:

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 - 2 times a week.

- Led Primary Series
- Hip Opening Sequence
- Back bending Sequence
- Breaking it down into Basics

Lunch Break

The early afternoons will be dedicated to various lecture topics.

- Anatomy
- Yoga Sutras
- Teaching Methodology
- Chakra System
- Yoga in Daily Living
- And more...

The late afternoons will be dedicated to the detailed exploration of specific āsanās.

Each asana of the primary series will be broken down into its 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 intensive.



## Commonly Asked Questions

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

A: 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. It is very important to put your new skills into action directly after the intensive, both in your personal practice and in your ability to observe and give advice and adjustments.

**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 everyone 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: When do I have to do the practices and assisting of classes? And where?**

A: Only practices and assists after the TT intensive count towards the training. If you live in Paris then you will have to do the 25 practices and 25 assisting of classes at AYP. If the TT intensive is being held at a partner studio, then you have the choice to do them at that studio or in Paris at AYP. Or, if you don't live in either of these cities you can do them in your home-town, either with your teacher there or you can do a special project. We will explain the special projects during the intensive.

**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: 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 several French speakers in each training therefore, whenever it is needed, you can request a translation of things you don't fully understand.



Q: About the early bird discount prices 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 must 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, if they are all dated 1 month before the start of the 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 intensive is exactly what it says in its name...intense. Therefore, it is recommended that you have had a steady (minimum of 4 times a week practice) Ashtanga practice for a minimum of one year or of another dynamic style of yoga asana for at least 2 years (minimum of 4 times a week consistently). 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 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).

**Q: Does each trainee receive the same Certificate of Completion?**

A: Over the years we have noted that there are varying levels of Ashtanga practitioners. Not every Ashtanga teacher needs to be able to teach the same thing. There are amazing teachers (at AYP and elsewhere) who are dedicated to teaching Ashtanga to beginners and then if the student is eventually ready to progress further into the system, the teacher will recommend them to another teacher. There are other amazing teachers who tend to focus on those who are doing more advanced asana. They are all needed in the yoga community to offer Ashtanga to a broad spectrum of people. This is why we are open to having trainees of all levels in the training. We will then give you a certificate suggesting that you teach Ashtanga 1, 2, 3, 4 or 5. Whichever level we suggest, you will still qualify for the Yoga Alliance 200-hour certification.

**Q: Do you help with accommodation for traveling students?**

A: We do not organize accommodations however; you are welcome to post on our FB group to reach out to our student base to find a place to share. Same with the other trainees, often through the teacher training FB page you will be able to connect with another trainee to share the living costs. Airbnb is a great source to find housing for all budgets.

Q: Are there books included in the price of the training?

A: Of course, we give you our teacher training manual. However, you will need to purchase the following books:

The Key Muscles of Hatha Yoga by Ray Long

The Deeper Dimension of Yoga by Georg Feuerstein

Ashtanga Yoga Primary Series by Linda Munro & Gerald Disse

Yoga History & Philosophy Teacher Training Manual by Georg Feuerstein \*This can only be purchased once you have signed up for the training and we give you a code to be able to order it through Brenda Feuerstein.

Q: How do I sign up for the training?

A: You can either download the registration form from our website [www.ashtangayogaparis.academy](http://www.ashtangayogaparis.academy), email us for a registration form [info@ashtangayogaparis.fr](mailto:info@ashtangayogaparis.fr) or pick up the form at the yoga studio.

Q: Can my training be paid for by other organizations?

A: Ashtanga Yoga Paris is a vocational training school recognized by the Ministry of Labor, under the accreditation number 11755770375 of DIRECCTE. **Our Yoga training courses are therefore eligible for grants and funding from local authorities, Pôle Emploi and OPCAs (AFDAS, etc.).** We invite you to contact your organization funding your training to find out if you are eligible.

## Some comments from previous Teacher Trainees

"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 fell in love with the happy vibe in the studio the first time I stepped in! And it was clear to me that I wanted to be part of this and suddenly I found myself signed up for the teacher training ;) I truly enjoyed every single moment of the teacher training! It was inspiring to meet the other students - so sweet and loving - I made some good friends, perhaps for life, who knows! I can't remember last time that I had so many good laughs, it was fun and at the end of the TT I was able to give a yoga class in front of 30 people ;) ~ Lottie, Denmark

"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

"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

## Application Instructions & Deadlines

Applicants should have practiced Ashtanga **a minimum of 250 hours or 500 hours of another yoga style, within the last 2 years**. They must have a basic level of spoken English. 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.

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 2,650 euros, you must register (which includes sending us the registration form, 1,000€ deposit and one or two post-dated checks for the remaining 1,650 dated no later than one month before the start of the intensive) **by January 1, 2020**.

For the Early Bird price of 2,800 euros, you must register (which includes sending us the registration form, 1,000€ deposit and one or two post-dated checks for the remaining 1,800 dated no later than one month before the start of the intensive) **by June 1, 2020**.

For the Regular price of 2,950 euros, you must register (which includes sending us the registration form, 1,000€ deposit and one or two post-dated checks for the remaining 1,950 dated no later one month before the start of the intensive) **after June 1, 2020**.

These prices include the Ashtanga Yoga Paris Teaching Manual, a 25-class card at AYP and 6-month access to all the on-line teacher training videos. Home-study assignments will be given upon your registration to begin your journey to deepening your yoga practice!

### Payment & Refund Policy:

All deposits of 1,000 euros are to be received when registering for the training, along with postdated 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 once the course material has been emailed - there will be no refund of deposits. You may have the amounts of the post-dated checks returned up until one month before the training. However, after one month before the intensive, 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.



We'd love to hear from you and answer any questions you may have!

Yours in Yoga,  
Gérald Disse & Linda Munro

**Location of Intensive :**

Ashtanga Yoga Paris  
40, ave de la République  
75011, Paris, FRANCE

[www.ashtangayogaparis.fr](http://www.ashtangayogaparis.fr) [info@ashtangayogaparis.fr](mailto:info@ashtangayogaparis.fr)