



ASHTANGA YOGA PARIS

Academy

300+ hours Teacher Training Yoga Alliance registered

Intermediate Level Teacher Training Self-Development & Deepening Your Personal Practice

FLEXIBLE FORMAT



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.

The training is recognized internationally. 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 (or some qualifying intensives in the South of France).



La certification qualité a été délivrée à Ashtanga Yoga Paris
au titre de la catégorie d'action suivante :
ACTIONS DE FORMATION



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. 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.

Gérald is an Experienced Registered Yoga Alliance teacher.

CONTENU ET ORGANISATION

We call this training flexible because you have up to 3 years (plus 2 in option) to complete the hours in qualifying intensive with Linda & Gérald.

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.

During different intensives we will review key poses and the 'gate-keepers' from the primary series and 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, we will continue from the kriya and pranayama practice learned in the first training. Adding on to the 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.

And of course, 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!

You'll need to complete a minimum of **270 hours** of workshops and courses over 3 years (one optional) to complete the 300+ hours training with Linda and Gérald, or sometimes with guest teachers such as Chuck Miller, Lizzie Lasater or David Keil (workshops are not guaranteed and depend on the year and availability of each participant. Registrations are also limited to 2 workshops or 60 hours over the 300+ hour course). The 30 minimum assistances consist of assisting Linda or Gérald during the teaching of their classes. Assistances must take place in a guided Ashtanga or Mysore class. Each assistance is counted as one hour, which represents a minimum of **30 hours**. This gives you real-life experience of what it's like to work as a yoga teacher, and enables you to put into practice the different elements you've learned in other ways through your internships and personal work.

That's why we call our training 300+ hours, because you have the possibility of doing more than the minimum duration required at no extra cost, depending on your wishes and availability.

PROGRAM*

2024 (93 hours minimum)

Asana - Anatomy - Alignment**
10 hours - Paris
Jan to March

Intermediate Series**
30 hours - Paris
June 10th to 14th

Pranayama & Philosophie
18 hours - Paris
Fall

Hands-on & Teaching Mysore
35 hours - Paris
December

2025 (90 hours minimum)

Asana - Anatomy - Alignment**
10 hours - Paris
Jan to March

Intermediate Series**
30 hours - Golfe Juan
Spring

Vinyasa Teacher Training
30 hours - Paris
Fall

Core concepts of Ashtanga
20 hours - Paris
December

2026 (95 hours minimum)

Asana - Anatomy - Alignment**
10 hours - Paris
Jan to March

Intermediate Series**
30 hours - Paris
Spring

Hands-on & Teaching Mysore
35 hours - Golfe Juan
Fall

Ashtanga Gate Keepers
20 hours - Paris
December

**Specific content will be different each year. See calendar on website / contact us. Most of the workshops & manuals are in English.

Teaching :

- *Guided teaching
- *Teaching Beginners, Guiding Vinyasa
- * Teaching theme classes
- * Train to teach in a public public situation
- *Make a living teaching yoga while maintaining yogic values

Practice:

- *How to take your personal practice to the next level
- * Foundations of the intermediate series (2nd series)
- *Kriya & Pranayama: Developing a daily practice

Anatomy and adjustment:

- *Mysore-style adjustments for the 1st and 2nd series
- *Anatomy for safe asana practice
- *Alignment for the relief of pranic blockages
- *Practices tailored to students' specific needs restorative postures

Philosophy :

- *The subtle body: the Chakra System
- *Yoga philosophy (Yoga Sutra of Patanjali & The Bhagavad Gita)
- *Living the yogic lifestyle

BONUS IN ADDITION

- 300+h* instruction manuals
- Home study program.
- 3 months access to our 200h online training.
- 40 courses at AYP.
- Feedback booklet for intensive training/ courses/ assistances.
- Certificate of achievement on completion.

Requirements for Certificate of Completion:

- Minimum of 150h listed in the intensive courses above
- All home study work completed and handed in.
- Minimum of 35h of practice and 35h of assistance completed.
- All written exams passed.
- **An open mind and humility to learn and keep progressing!**

*This list is not exhaustive and is subject to change. See calendar on website / contact us. Most of the workshops & manuals are in English.

PRICES & REGISTRATION

Candidates must hold a 200h Ashtanga Training Certificate (if you have not taken it at Ashtanga Yoga Paris, please enclose a photocopy of your certificate with your application). Please do not hesitate to ask for advice or contact us for further information : info@ashtangayogaparis.fr

We offer two payment options to register for the 300+ hours course:

1) 800€ to be paid at the time of registration to validate it, to which must be added the registration costs for each module during the 3-year course (+2 optional). The total cost of training varies according to the modules selected.

2) 5000€ (maximum 16.66€ per hour) which can be paid in one instalment at the time of registration, or in 3 instalments spread over the 3 years of training as follows:

- 1st year: Administrative enrolment (200€) + 1800€
- 2nd year: €1800
- 3rd year: €1,200

If you want to take part in workshops with international teachers, these are limited to 2 workshops or a maximum of 50 hours of training over the entire 300+ hour course. If you want to do more, the public workshop rate will apply.

Payment & Refund Policy:

The administrative registration fee and each year already paid are non-refundable under any circumstances.

In the case of annual payments, payments must be made before the anniversary date of the administrative registration. Registration fees can be paid by bank transfer (contact us), cheque or cash. Credit card payments are not accepted.

As the Ashtanga Yoga Paris training school is Qualiopi certified, it is possible to obtain funding from OPCO or Pôle Emploi, for example. We can help you with all the administrative formalities.

Total cost of training includes:

- 300+ hour training instruction manuals
- Home study program
- 3 months' access to our online training 200+ hours
- A 40-course card from Ashtanga Yoga Paris (valid in Paris) to follow the Mysore program
- Feedback booklet for workshops/courses/assistances
- Certificate of achievement on completion of the entire course

The total cost of the course does not include :

- Travel and accommodation costs if you need to come to Paris or Golfe Juan for the course.
- Meals during intensive courses, classes and assistants

COMMONLY ASKED QUESTIONS

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

R : In yoga, it's always advisable to take time out to study and reflect on oneself. This can be difficult to achieve without the assistance of a teacher, which is one of the reasons we offer this course. It gives structure to the self-study and practice that is essential to taking the first steps that will change your life. If you have a serious and committed Ashtanga practice and are interested in this intensive workshop, then please get in touch!

Q : How is the preparatory home study organized?

R : We'll give you required readings, some homework and several personal reflection questions. We'll ask you to hand in your homework with your journal of questions and personal reflections (we won't read all your answers, as this is a personal assignment, but we'll check that you do them well). You can work at home at your own pace, but we recommend regularity over a period of 3 months so that this work can become part of your personal development.

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

R : The training is in English, however 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?

R : This will depend mainly on you and your schedule. Linda or Gérald's Mysore courses are available every week in Paris or Golfe Juan and you have 3 years to complete them.

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

R : Intermediate training is for those who have already completed a teacher training course in Ashtanga. It is therefore expected that you already have a well-established practice. Practice of the intermediate series is not required, but practice of the first series as a whole is.

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

R : 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

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

R : 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?

R : 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, some of intermediate, beginners and some vinyasa style classes.

ACCES TO OUR ON-LINE ACADEMY

Included in the 300h training is access to our on-line 200 hour training. A valuable tool to review key aspects of Ashtanga and follow on-line classes : www.ashtangayogaparis.academy



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 & Paschimottasana

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.

VIDEOS AND PHOTO MONTAGES OF PREVIOUS COURSES



TEACHER TRAINING BIBLIOGRAPHY

Books you need to buy :

- The Key Muscles of Hatha Yoga by Ray Long
- Yoga History & Philosophy Teacher Training Manual by Georg Feuerstein
- The Yoga Sutra
- The Bhagavad Gita

Suggested optional books :

1) *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

2) *History* :

- The Yoga Tradition by Georg Feuerstein

3) *Meditation* :

- A Path with Heart by Jack Kornfield

4) *Practice* :

- Yoga Mala by Pattabhi Jois
- The Practice Manual by David Swenson
- Back Care Basics by Mary Pullig Schatz

5) *Anatomy* :

- 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

6) *DVD's* :

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

WHY A FLEXIBLE, LONG FORMAT

We prefer this long and flexible format to an intensive format spread over a short period for two main reasons:

- Embarking on a 300-hour yoga training course should be a sign of real personal investment, and we're determined that anyone doing a teacher training course with us should be a quality teacher, committed to their personal practice and teaching. Too many people embark on this kind of training to be certified for 500 hours with only a few months of practice and teaching. This is not something we want to champion at Ashtanga Yoga Paris. We want every individual who takes our training to continue to be regarded in the profession as one of the best by his or her peers.
- To adapt personally and professionally without having to take 1 or 2 months off at once.





We'd love to hear from you! Please drop us a line if you have any questions about us, Ashtanga Yoga or the 300+ hours course!

Yours in Yoga,
Linda Munro & Gérald Disse

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ASHTANGA YOGA PARIS

Bouger Respirer Être bien