



ASHTANGA YOGA PARIS

Academy

## 200+ Hours of Teacher Training

Self-Development & Deepening Your Personal Practice



We have developed a special program for those interested in becoming yoga teachers or deepening their personal interest and knowledge of Ashtanga Vinyasa Yoga. Gérald Disse and Linda Munro 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 hundreds 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!



# 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



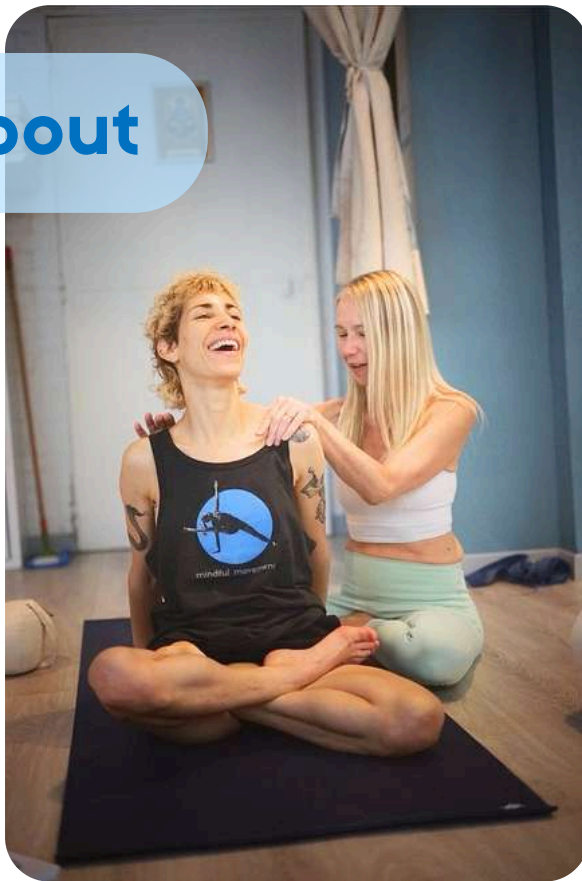
Gérald has been practicing yoga since 1989 and teaching since 1996. He discovered Ashtanga Vinyasa Yoga in 1991 with Sri K Pattabhi Jois in Mysore, India. He spent 8 years traveling to Mysore spending 4 – 6 months per visit to learn more of the system, then going off to some other exotic location to 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.

# About



## 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 and registered with Qualiopi.

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 Sessions

7 Classes at AYP \*possibility of doing on your own

7 Assisting or Observing Classes at AYP \*possibility of doing on your own

Home-Study to be completed after the Intensive

You have a 7-class card valid for classes at AYP.

The cards can be used from when the training is paid if full up until 3 months after the intensive.



# About



## 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  
Mysore Style Adjustments for Primary Series  
Teaching Beginners and 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  
History of Ashtanga Yoga  
Yoga Philosophy: Sutras of Patanjali  
The Subtle Body: Chakra System  
Living a Yogic Lifestyle  
Mantra

## Home-Study topics

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

ASHTANGA YOGA PARIS

## Dates & Places

The intensive training consists of two modules that can be taken in Paris or Golfe Juan, with a maximum period of 18 months between the two modules. You can choose to take one module in Paris and the other in Golfe Juan, or both modules in the same location. Each module runs from Monday to Friday, 8.30am to 6pm. Personal work before and after the course can be done in Paris, Golfe Juan or in your home town.

In addition to the two intensive modules, the 200+ hour teacher training course includes 25 yoga classes and 25 assistantships to be completed within 18 months, plus preparatory work to be done before the 1st module and written assignments to be completed within 6 months of the end of the second module.



### Paris 40 avenue de la République 75011 Paris

**Module 1 : From July 21st to August 1st, 2025**

**Module 2 : From August 4th to 15th, 2025**  
(dates for 2026 to be announced shortly)

The studio is located in the 11th arrondissement, in the area of Oberkampf, Parmentier and République. Step out of the bustling streets of Paris and into our peaceful, yoga-dedicated space.



### Côte d'Azur 6 avenue du Midi 06220 Golfe Juan

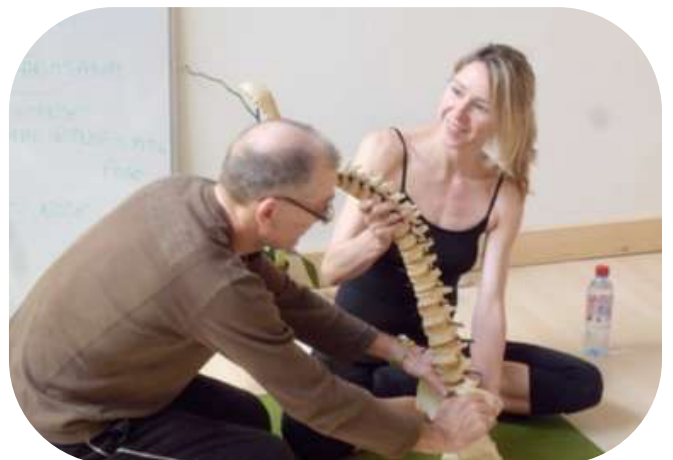
**Module 1 : From March 31st to April 11th, 2025**

**Module 2 : From October 20th to 31st, 2025**  
(dates for 2026 to be announced shortly)

Golfe Juan is located on the Mediterranean coast between Nice and Cannes. Easily accessible by train or bus, in a village where you can easily find apartments on Airbnb or hotels close to the sea.

## A bonus for your learning

You'll have unlimited access for 6 months to over 90 hours of online videos covering all the topics discussed during the intensive course: a great tool for refreshing your memory or updating your notes once the program is over.





# Intensive Structure



The general schedule will be as follows:  
Monday - Friday 8:30am - 6:00pm  
Home-Study can be done in Paris or your Hometown

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 āsanas.  
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 āsanas 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.



# Frequently 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: Is the training accessible if I'm disabled?**

A: Yes, except in the case of a severe motor disability. In all cases, you need to contact us beforehand so that we can discuss the feasibility of the project and the resources required. If we are unable to meet your needs, we will refer you to other organisations that are better placed to do so.

**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 can do the 7 practices and 7 assisting of classes at AYP. Or you can do them in your hometown, 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, they must all dated at least 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 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 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 memorise 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 organisations, 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 (3 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 organise 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
- *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 organisations?**

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 organisation 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 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

## Some comments from previous Teacher Trainees



"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 2-3 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 2,700 euros, you must register (which includes sending us the registration form, 1,000€ deposit and one or two post-dated checks for the remaining 1,700 dated no later than one month before the start of the intensive) by **December 31st, 2024**.

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 **February 28th 2025**.

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) from March 1st 2025.

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These prices include the Ashtanga Yoga Paris Teaching Manual, a 7-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.

Scan this QR code to  
sign up through our  
website.







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

Yours in Yoga,

Gérald Disse & Linda Munro



**ASHTANGA YOGA PARIS**  
**Bouger · Respirer · Être bien**

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Teacher training photos credit : Lola Daures  
Photos of Linda and Gérald credit : Adé Adjou