
200+ hours Teacher Training

Self-Development & Deepening Your Personal Practice

with Linda Munro & Gérald Disse



Internationally recognized teacher training since 2008



ASHTANGA YOGA PARIS

Academy



Linda Munro

Linda took her first yoga class in 1995 with Ron Reid in Toronto, Canada. A few months later, she was involved in a serious car accident and used yoga to complement her physical rehabilitation therapy. Shortly after, she realized that she would continue practicing yoga throughout her life. A practice of asana, pranayama, and meditation, but also of being honest, kind, courageous, peaceful, and happy. For her, the practice of yoga is continuous; it does not stop once you put away your mat. It is the practice of a lifetime dedicated to developing yoga awareness.

In 1997, she moved to New York City for her work in the fashion industry, while continuing her daily Ashtanga practice under the supervision of Eddie Stern. In 2000, she arrived in Paris, France. After 13 years in the fashion world, she decided it was time to fully commit to the path she had taken during her first yoga class. She wanted to share with others what her teachers had taught her. So, in 2002, she began teaching yoga classes while continuing her personal practice.

Linda studied philosophy and yoga scriptures, completing a program of study on Patanjali's yoga sutras and another program on the Bhagavad Gita under the supervision of Georg Feuerstein. She was then one of 10 students to follow a mentoring program with him until his death in 2012. Linda is also a student of Sri O P Tiwari, from whom she is certified to teach Kriyas and Pranayama. She has also completed training in teaching anatomy for yoga, taught by Leslie Kaminoff. Not to mention that she has also studied with the master of Ashtanga Yoga, Sri K. Pattabhi Jois, in Mysore, India, and New York.

Linda is certified as an experienced teacher by Yoga Alliance.





Gérald Disse

Gérald has been practicing yoga since 1989 and teaching since 1996. He discovered Ashtanga Vinyasa Yoga in 1991 with Pattabhi Jois in Mysore, India. For eight years, he traveled to Mysore for four to six months at a time to learn more about the practice. He then traveled to several exotic destinations, practicing daily what Guruji had taught him. He reached the third series level and was one of the first French students to be personally authorized by Sri K Pattabhi Jois to teach. He then began giving Ashtanga workshops all over the world: in Australia, New Zealand, the United States, and Europe.

In addition to his Ashtanga practice, Gérald continues to cultivate a meditation practice in the Kriya Yoga tradition as well as a daily Pranayama practice. He has been certified by Sri O.P. Tiwari to teach both practices.

During his travels, he visited Auroville, an international spiritual community located in Tamil Nadu in southern India. He immediately fell in love with the place. It was a way for him to stay connected to the spirituality of India while enjoying Western culture, so he decided to build his home and a yoga school there and became a member of the community. Gérald spent five years teaching Mysore-style Ashtanga daily, while continuing to give workshops around the world.

In 2004, after living abroad for 17 years, he decided it was time to return to his native country. He now lives in Paris, where he has founded a wonderful yoga community with Linda and their two children.

Gérald is also an experienced teacher certified by Yoga Alliance.



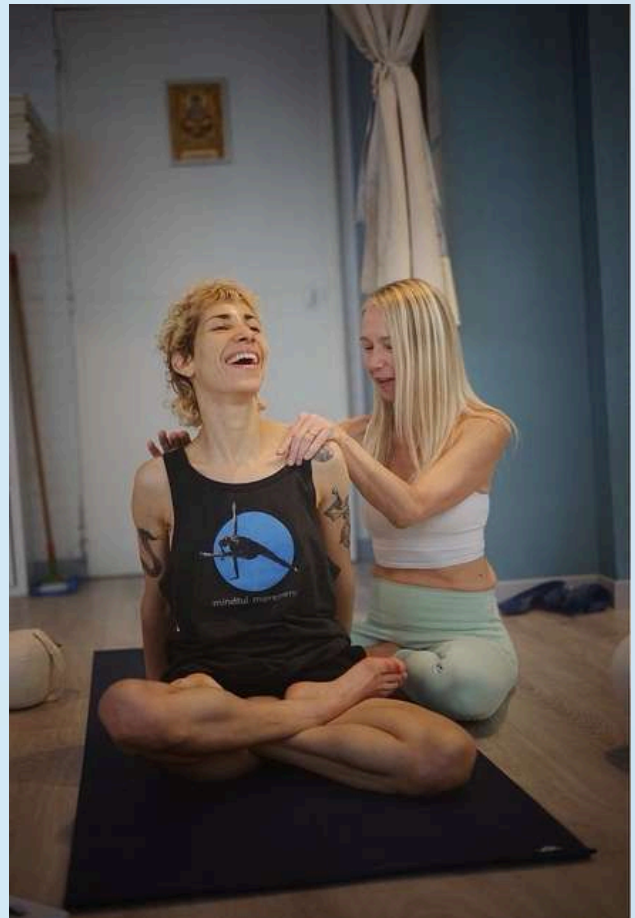


ASHTANGA YOGA PARIS

An internationally recognized yoga
school and teacher training program

KEY FIGURES

- Teacher training since 2008, constantly evolving
- 1,000+ teachers trained
- 100,000+ students of all ages and backgrounds in weekly classes
- 2 x 200-hour YTT in-person training courses per year
- 4.86/5 on Yoga Alliance





A TEACHING METHOD

- Adapt the practice to the individual, not the individual to the practice
- Promote personal development based on the first series of Ashtanga
- Yoga for everyone, at all ages and stages of life



AS A BONUS

- Two years' access to the 200-hour YTT online training course
- Assist our teachers at least seven times in our weekly classes to gain practical experience*
- Seven free classes in our weekly schedule to put your new knowledge into practice*

* You can do up to 25 practices and 25 assistant sessions. In this case, you will need to purchase class cards at the studio and take the same number of classes as assistant sessions.





OBJECTIVES

- Know the first series of Ashtanga in the traditional order.
- Understand the correct alignment of asanas and their anatomy.
- Acquire the knowledge and techniques for teaching Ashtanga yoga to all body types and ages.
- Verbalize the instructions for the first series of Ashtanga.
- Know the 8 limbs of Ashtanga and the most relevant sutras
- Be able to develop a Pranayama practice
- Know the history and lineage of Ashtanga
- Teach yoga that is respectful of everyone

CONTENTS

- Deepening your personal Asana practice
- Kriya & Pranayama: developing a daily practice
- Fundamentals: Bandha, Drishti, Ujjayi, Prāna
- Specific alignments for Ashtanga
- Introduction to Anatomy for Yoga
- History of Ashtanga Yoga
- Yoga Philosophy: The Sutras of Patanjali
- The Subtle Body: The Chakra System
- The Yogic Lifestyle
- Mantra
- Mysore-style adjustments for the First Series
- Teaching beginners, guided First Series, and Vinyasa
- Teaching methodology
- Guided teaching for a student's specific needs
- Modifications, adjustments, use of props
- Contraindications for each Asana





ADVISED ESSENTIALS

- Have a minimum of 250 hours of Ashtanga and 4 practices per week OR 500 hours of another style of yoga over the last 2 years
- Have a good knowledge of the Ashtanga system as a whole

STRUCTURE OF THE TRAINING

- 200 hours of classroom training
- Written exercises to be submitted before the start of module 1
- Written exercises to be submitted after module 2
- A minimum of 7 teaching assistantships and practical assignments to be completed after module 2 or between the two modules. There is also the option of completing a personal project instead.

FOR WHOM?

- Yoga teacher
- Retraining to teach yoga
- Sports instructor
- Anyone wishing to develop their personal practice





DATES & DURATIONS

The training consists of two modules that you can complete in the same year or over two years. We offer two sessions of each module every year. Module 1 must be completed before Module 2.

- Module 1: February 23rd to March 6th, 2026 (Golfo Juan)
- Module 1: July 20th to 31st, 2026 (Paris)
- Module 2: August 3rd to 14th, 2026 (Paris)
- Module 2: October 26th to November 6th, 2026 (Golfo Juan)

From 8:30 a.m. to 6:00 p.m.,

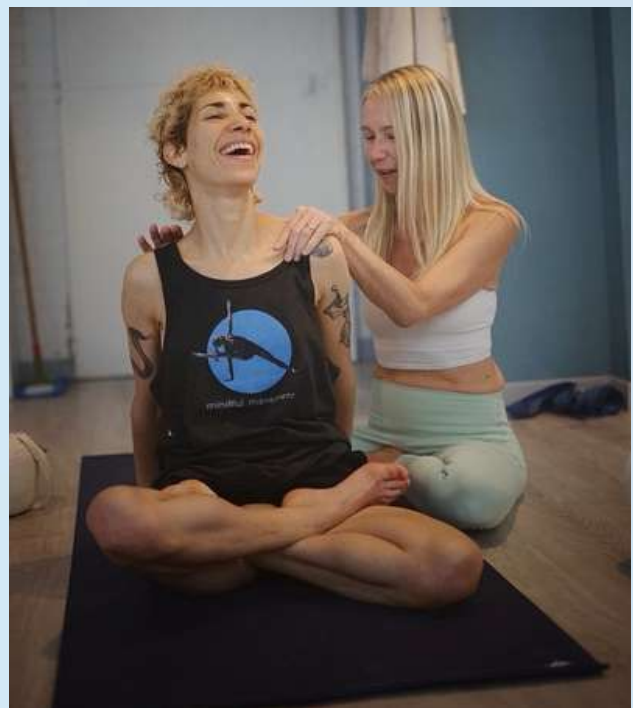
Monday to Friday.

Total duration: 200 hours (100 hours per module)

DETAILED SCHEDULE

The general schedule for each day of training will be the same. They will take place as follows:

- 8:30 a.m. – 11:30 a.m.: Personal practice of yoga exercises
- 11:30 a.m. – 12:15 p.m.: Break
- 12:15 p.m. – 2:00 p.m.: Theoretical instruction
- 2:00 p.m. – 2:15 p.m.: Break
- 2:15 p.m. – 6:00 p.m.: Yoga teaching training





COSTS

- Registration before December 1, 2025 as an Extra Early Bird: €2,800
- Registration before February 1, 2026 as an Early Bird: €2,950
- Registration after February 1, 2026 at the standard rate: €3,200
- External funding (France Travail, AFDAS, FIFPL, etc.): €3,450

You will also 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. Available only after registering for the training (contact us).



HOW TO REGISTER

Registration is confirmed once the deposit of €1,000 or the full amount has been paid and the registration form has been completed and submitted. You have the option to pay in 3 or 4 installments if you wish.

Payment for the program can only be made by bank transfer, and the full amount must be paid at least 1 month before the date of the first module.





REVIEWS FROM STUDENTS

*« Super in-depth training course, nurtured and nourished by the unique expertise of Linda & Gérald. Best thing I ever did! »
~Cat Jack, Scotland*

*« J'ai fait cette formation en espérant approfondir ma pratique d'asana mais également pour apprendre à l'enseigner. J'ai réalisé ces 2 buts, mais j'ai aussi appris tellement plus sur la façon de vivre et de penser 'yogi' !! » ~
Lauren, USA*

*« Une expérience très intense, qui nous a appris à ouvrir notre esprit sur la découverte de nouvelles sensations et de nouvelles connaissances. Cela m'a donné une nouvelle vision de tout et a définitivement transformé ma vie. »
~Amélie, France*

*Beaucoup d'idées originales et intéressantes communiqué avec beaucoup d'humilité, de sincérité, d'humour et de compassion. Une excellente expérience qui m'a donné plein d'informations sur ma pratique et sur la vie.
Merci ! » ~ Joy, USA*

« J'ai appris bien plus que ce que j'attendais. Tout était cohérent, très bien structuré et rigoureux. Cela m'a donné l'envie d'aller encore plus loin et de continuer cette incroyable expérience. Tellement de choses à penser, à apprendre et à pratiquer. Merci beaucoup. » ~ Fanny, France





« La formation fut une expérience très intense ; Linda et Gerald vous accueillent dans leur « grande maison » et c'est comme faire partie d'une grande famille. La chose la plus agréable pour moi fut que je me suis sentie à l'aise tout le temps, avec mes limites et mes difficultés et j'ai appris bien plus que je n'espérais. »

~Flavia, Italie

« Très belle expérience avec l'équipe AYP ! Une formation dense et riche accompagnée par de magnifiques personnes. Je recommande. » ~Marine, France

« 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 Gérard. C'était un beau voyage qui m'a transformé. » ~Elisabeth, France

« I consider myself to be extremely lucky to have ran into AYP and to have Linda and Gerald in my life. My practice became so enriched, so intelligent and so enjoyable! Here I learned to not blindly follow the "Ashtanga rules", but to question everything, to understand the anatomical sense of the poses, and to adapt accordingly. There's a class for for everyone here: from the very beginner to the hardcore Ashtangi, everybody can find their happiness! » ~Flabiana, Uruguay

« Je suis ravie de mon expérience pour la formation professorale 200h chez Ashtanga Yoga Paris. Tellement enrichissant et intéressant. Tout était parfait ! Merci à tout les équipes et les participants avec qui j'ai pu partager des super moments. » ~Sumika, Japon





We would love to hear from you!

Yogically yours,

Gérald Disse & Linda Munro

Bouger · Respirer · Être bien

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Teacher training photos credit : Lola Daures

Photos of Linda and Gérald credit : Adé Adjou

