



## ASHTANGA YOGA PARIS

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

300+ hour Yoga Alliance® Registered  
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.

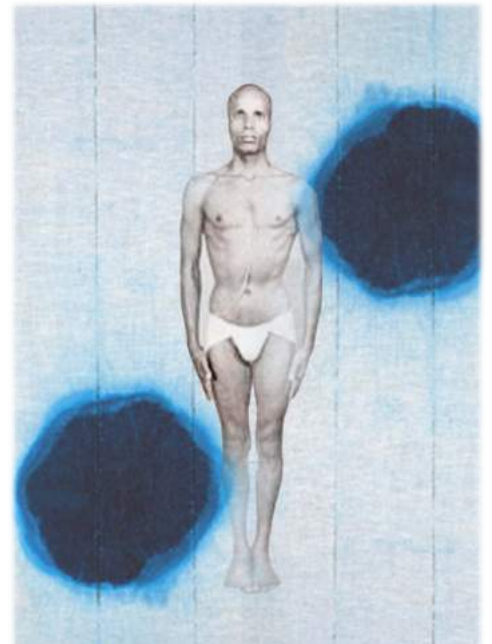
A bonus to your learning: you will have 3 months access to the on-line videos of all the topics we cover during the 5-week 200h intensive. An amazing tool to refresh your memory or update your notes before embarking on the 300h training! [www.ashtangayogaparis.academy](http://www.ashtangayogaparis.academy)

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).

We call this training a FLEXIBLE FORMAT because you have up to 5 years to complete the hours in qualifying intensive with Gerald & Linda or one of their guest teachers: Chuck Miller, Ron Reid & Marla Meenakshi Joy and anatomy teachers.

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!

### How it works:

You enroll in the 300-hour teacher training at any time by filling in the registration form and paying the fee of 800€. Then you have up to 5 years to enroll and participate in any of the qualifying intensives or workshops to accumulate the requisite hours. The benefit of this format is that you can start whenever you like and take part in the intensives that accommodate your personal planning.

The Ashtanga Yoga Paris training with Linda Munro & Gérald Disse will include:

- \*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
- \*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
- \*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
- \*Assist Teaching in a Public Setting
- \*40 classes at the studio.
- \*3-month access to the on-line training videos

Initial Tuition:  
800€ Enrolment Fee

### Intensive & Workshop Topics:

The Subtle Body ~ Pranayama, Chakras & Asana  
The Yoga Sutras ~ Exploring for Every Day Living  
Mysore Style Intensive  
The Gate-Keepers of Primary Series ~ Going Deeper  
Intermediate Series ~ Nadi Shodhana  
The Art of Hands-On Adjustments  
Relax & Restore ~ Restorative Yoga  
Anatomy of Asana  
Yoga is Balance ~ The Bhagavad Gita  
Teaching ~ Sharing what you Know

### What is included in the initial enrollment fee?

General 300-hour Teacher Manual  
The Home-Study Program  
3 Month Access to our On-Line 200h TT  
40 Class Card to AYP  
Intensive/Assisting/Practicing Log-In Booklet  
Certificate of Completion Once Qualified

### Requirements to Qualify for Certificate of Completion:

Minimum of 130 hours logged in Qualified Intensives & Workshops  
Minimum of 35 hours of Anatomy Intensives  
Minimum of 35 hours of Philosophy Intensives  
Minimum of 20 hours logged in of 300h Trainee Only Sessions  
All Home-Study Completed and Submitted  
All Practicums and Presentations Completed  
Minimum of 35 Practice & 35 Assisting Hours Completed  
All Written Exams Passed  
An Open Mind & Humbleness to Learn & Grow

### Additional Costs:

You will have to pay for the intensives & workshops you register for which range from 12 - 17€ per hour (one workshop or intensive ranges from 12 - 35 hours)  
You will have to pay 25€ for the Trainee Only Sessions (2.5 hours)  
Additional Books Required  
If you come to Paris or the South of France from outside the areas:  
accommodation & travel costs

Upcoming Qualifying Intensives & Workshops:

Check with our events page to see which workshops & trainings we offer that will be qualifying for the 300h training. NOT all our workshops qualify. If you have a doubt, don't hesitate to contact us.

2019

Yoga Chikitsa with L & G - Canada - June 29 & 30

David Swenson - Paris - November 1 - 16

Holiday Gate Keepers with L & G - Paris - December 27 - 31

2020

Hands On Adjusting with Linda & Gerald - Golfe Juan - 1 week in February

Beginners with Gerald - Paris - April

Anatomy with Julie Gudmestad - Paris - May 30 - June 1

Vinyasa TT with Linda - Golfe Juan - June

Beginners with Gerald - Golfe Juan - September

Anatomy & Mysore with David Keil - Paris - September 26 - 30

Ron & Marla - Paris - October/November

Intermediate Series with Linda & Gerald - Golfe Juan - November

Holiday Yoga Chikitsa with Linda & Gerald - Paris - December Holidays

2021

Teaching Beginners with Linda - Paris - January

The Subtle Body with Linda & Gerald - Golfe Juan - February

Yoga Sutras & Mysore with Linda & Gerald - Golfe Juan - May/June

Mysore & The Bhagavad Gita & Yoga History with Linda & Gerald - Golfe Juan - November

\*For 2021 Chuck Miller should be back and David Swenson.

\*For 2020 Hopefully we'll go back to Portugal and we may go to Nantes.



## About Linda Munro

Linda was introduced to yoga in 1995 in Toronto, Canada with Ron Reid. She had been in a car accident 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.

## 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 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 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 a 40 class card to do 25 practices at AYP with certain teachers.

*Q: About the prices for the intensives and workshops, when do I pay for those?*

A: You only need to pay the 800 euro enrolment fee up front. Then as you see a qualifying intensive, workshop or trainee session that you wish to come to, you pay when you register. We will open a private Face Book group only for the 300 hour trainees where we will keep you up to date on all upcoming sessions.

*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, some of intermediate, beginners and some vinyasa style classes.

## Access 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](http://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.



Ashtanga Yoga Paris

Academy



On-Line

Ashtanga Vinyasa Yoga Intensive Teacher Training  
Self-Development & Deepening Your Personal Practice

*Why Study Anatomy & an Introduction to the Skeletal System and the Spinal Column*

UNIT 6 – Class 6.3

Notes

*Why is it useful to study anatomy as a yoga teacher or practitioner? We explore the skeletal system and then find the main landmarks on ourselves and partners. Finalizing with a detailed lecture on the spine and how important it is to understand the movements of the spine in yoga asanas.*

*Pourquoi est-ce utile d'apprendre l'anatomie en tant que professeur de yoga ou en tant que pratiquant? Nous explorons le système squelettique et ensuite nous travaillons les principales points de repère sur nous-même et sur notre partenaire. Nous finissons avec une discussion détaillée sur la colonne et pourquoi il est important de comprendre les mouvements de la colonne dans les asanas.*



English	Français
<p><b>Before Watching this video:</b></p> <p>Think about reasons why you think it is useful to learn some anatomy as a yoga teacher/practitioner.</p> <p><b>While Watching this video:</b></p> <p>With your list in front of you, fill in anything said in the video that you may not have thought of.</p>	<p><b>Avant de regarder cette vidéo:</b></p> <p>Réfléchissez à pourquoi d'après vous, cela peut être utile d'apprendre des bases d'anatomie en tant qu'instructeur et pratiquant de yoga.</p> <p><b>En regardant cette vidéo:</b></p> <p>Avec votre liste devant vous, remplissez tout ce qui est mentionné dans le film auquel vous n'aviez pas pensé.</p>

Linda Murno & Donald Doss  
@www.ashtangayogaparis.com

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Ashtanga Yoga Paris

Academy



On-Line

Ashtanga Vinyasa Yoga Intensive Teacher Training  
Self-Development & Deepening Your Personal Practice

*What is yoga?*

UNIT 1 – Class 1.2

Topic	Timestamp – total 22'01	Page
What is yoga?	0'00	1
Yoga: what? Why? For whom?	8'10	4/5
Question 1	9'56	5
Question 4	12'26	6/7
Question 5	13'00	7
Question 6	15'45	18
Q&A	18'10	9/10

*As a group, we explore all the views of what yoga is for different individuals so that as teachers we do not become narrow minded. De manière collective, nous explorons toutes les vues possibles sur ce que peut être le yoga pour différents individus de façon à ce qu'on soit qu'enseignants, nous ne devenons pas étroits d'esprit.*

English	Français
<p>Linda: It's not a test (laughs)</p>	<p>Linda: Ce n'est pas un test (rires)</p>



# 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 copy with your application).

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 fee is 800€.**

## **This price includes:**

General 300-hour Teacher Manual

As you register for intensives you will also receive the Specific Manuals for Each Topic

The Home-Study Program

3 Month Access to our On-Line 200h TT

40 Class Card to AYP

Intensive/Assisting/Practicing Log-In Booklet

Certificate of Completion Once Qualified

## **This price does not include:**

You will have to pay for the intensives & workshops you register for which range from 12 - 17€ per hour (one workshop or intensive ranges from 12 - 35 hours)

You will have to pay 25€ for the Trainee Only Sessions (2.5 hours)

Additional Books Required

If you come to Paris or the South of France from outside the areas: accommodation & travel costs

## **Payment & Refund Policy:**

The enrolment fee must be paid BEFORE taking one of the qualifying intensives or workshops. The enrolment fee is non-refundable under any circumstances. You have 5 years to complete all requirements for the 300-hour certificate, which then qualifies you for 500-hour teacher with Yoga Alliance.

To process your application, please send your fully completed application to:

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



Your Photo

# Ashtanga Yoga Paris Teacher Training Application

Names

Today's Date

Address

Telephone

E-Mail

Age

Current Job

Year & Location 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 challenges (briefly describe below)

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. Please list prior teacher 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 effects 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'.

# Payment Information

I am registering for the:

Enrolment to the 300h Teacher Training.

I am enclosing the following **in checks** (make the order to ASHTANGA YOGA PARIS):

The full amount of  euros.

I have sent the following amount by **bank transfer** (include copy of transfer confirmations):

The full amount of  euros.

## Payment & Refund Policy:

The enrolment fee must be paid BEFORE taking one of the qualifying intensives or workshops. The enrolment fee is non-refundable under any circumstances. You have 5 years to complete all requirements for the 300-hour certificate, which then qualifies you for 500-hour teacher with Yoga Alliance.

I have read and accept the above terms, please sign and date.



# 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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