



MGY Issue 09 | April 2011

Higher Practices "Beer Training for Yoga"

[*\(Traducción al Español\)*](#)

If you went to University or College, you very likely indulged in the art of drinking. And I'm not talking about fruit smoothies. Unless you consider strawberry daiquiris :) I'm talking about alcohol. Of all the forms of alcohol students consume, the most popular among the university culture is beer. At least when I went to school, it was.



It was amazing how much fun we had creating a sport around the art of drinking. You see, when you are in University, you don't drink beer because it goes nice with your pizza or your sandwich. You drink it because it is fun. Fun to observe how it affects your body, your mind and your balance. And it is fun finding new sporty ways of doing it. This was my favorite, most fun part about drinking in University. Which is probably a good thing, because most fun and games of youth, we typically outgrow. And I outgrew drinking. But in my day, I played all the drinking games!

"1,2,3, Go!", "The Beer Bong" or any other game where the one who can drink the most the fastest wins (I never did). Being a small guy, I didn't do well in the drinking sports based on pure excess. I excelled more at the drinking games of skill. The ones that depended on MY ability to control my own body or mind (as in Yoga).

Any game that had to do with darts, coins, cards, dice or memory, I was the master! My strongest drinking game was quarters. I could bounce the coin off the table into the glass from anywhere. And I could do it from the flat side of the coin or the edge of the coin. I could even roll the coin down the bridge of my nose, bouncing it off the table into the

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 Michael Gannon Yoga

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PAST EVENTS

TORREON, MEXICO

 RockSport Fitness Club
March 18-20, 2011

NEXT EVENTS

QUERETARO, MEXICO

 Arati Yoga
April 8-10, 2011

LEESBURG, VIRGINIA, USA

 Go With It Yoga
May 11-12

glass.

What the heck does all this have to do with Yoga?

[Please click here for the FULL STORY](#)

Party on, Yogis!

And be Excellent to each other!

Shanti Out,



New to our mailing list?

To read Michael's previous Higher Practices, [click here](#).

Next Workshop

QUERETARO, MEXICO -- April 8-10, 2011



"Opening Elements" with Michael Gannon

Back for the sixth time in Querétaro, the "Yoga Dealer" returns to share once again his energy and knowledge. Michael has designed four special sessions where you will be able to explore your full potential. Come practice with one of the foremost Ashtanga Yoga teachers in the world. Can't miss it!



Arati Yoga

Schedule:

Friday the 8th, 7 pm
Saturday the 9th, 10 am & 3 pm
Sunday the 10th, 10 am

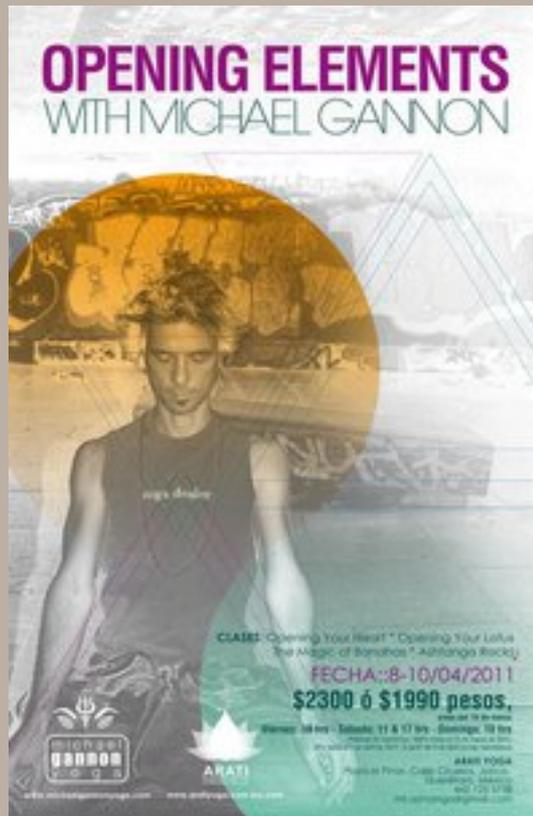
Bookings:

mii.ashtanga@gmail.com

442 125 3738

Course Fee:

\$ 2,300 pesos



[Click for Video Trailer](#)

RIVIERA MAYA, MEXICO



GAVY Teachers
Apprenticeship
RYT 200

June 17-26 (part 1, Cancun)
Sept. 5-27 (part 2, Playa del Carmen)

MEXICO CITY, MEXICO



Mukta Yoga
July 2



Amala Yoga Studio
July 3

GLASGOW, SCOTLAND



Jo Lockhart Yoga
October 22-23

COBHAM, ENGLAND



Camilla Campbell Yoga
October 25

LONDON, ENGLAND



The Yoga Show
October 28-30

MEXICO CITY, MEXICO



8th Encuentro
Nacional de Yoga
November 11-13

GUADALAJARA, MEXICO



Punto Yoga
November 18-20

[Full year updated schedule](#)

Gannon's latest
DVD release
NOW Available!



gannon
ASHTANGA VINYASA YOGA

Teacher Apprenticeships 2011

Inspire Real Life Transformations
Explode your Practice Potential
Cultivate Fresh Teaching Skills



"Yoga can be practiced by
EVERYBODY. Therefore we
must learn to teach it to
ANBODY!"
-Michael Gannon

RIVIERA MAYA, MEXICO

Two 10-day intensives
Hosted by IDASH



- **Cancun: June 17-26** (Part 1; 100 hours)
- **Playa del Carmen: Sept. 17-27** (Part 2; 100 hours)

Tuition: \$ 36,000 Pesos (\$ 18,000 for each Part)
+ GAVY Home Study Course (\$ 5,000 pesos)

One 23-day intensive:

- **Playa del Carmen: Sept. 5-27** (200 hours)

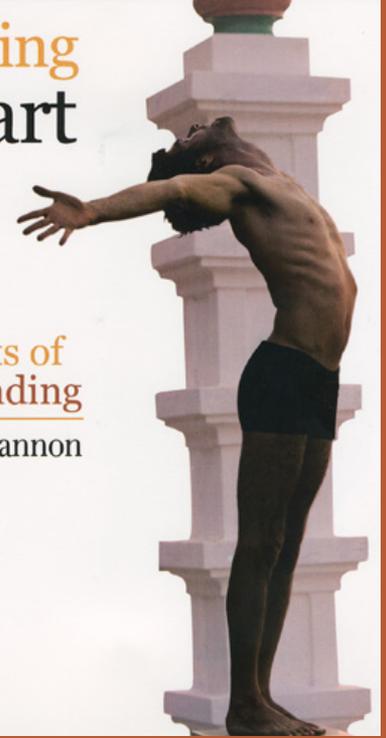
Tuition: US\$ 2,590 Dollars (OR payable in Pesos at current rate)

[Click Here to Book Teacher Apprenticeships](#)

GAVY System

Opening
your
Heart

**Elements of
Backbending**
Michael Gannon



Michael Gannon Yoga

Buy Now !

**Now shipped worldwide
for only US\$5 Dollars**



**Elements of
Backbending (DVD)**
YouTube Sample

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The Yoga Systems that are the most effective today, must also be the most accessible. There is a shortage of sufficiently trained teachers to share traditional yoga systems in a way that makes it available to people at every level. **GAVY** (Gannon Ashtanga Vinyasa Yoga) Teacher Apprenticeships solve this problem.



Registered Yoga School

The GAVY system of teaching yoga is based on the proven yoga traditions from India. The way that Michael learned it from 10 years of visits to India, training with his Gurus. BUT, we take it an important step further, making these practices palatable for the western mind. And it is through this system that GAVY has graduated over 200 teachers from 30 countries to teach yoga.



Teach yoga to ANYBODY. Teach yoga to EVERYBODY.

GAVY has developed a series of programs to offer serious practitioners, aspiring teachers and current teachers a method to explode their practice potential, cultivate fresh teaching skills and inspire real life transformations.

Available in one month long Intensive or two intensives, 10 days each.

All GAVY Trainings are **RYT 200** (Registered Yoga Teacher 200 Hours) approved.

Beach Retreats

2nd Annual Ashtanga and Vinyasa Retreat

Beach Headstands



**October 2-8, 2011
TULUM, MEXICO**



Maya Tulum Spa Resort

Local students can pay a low individual daily rate of only US\$ 108 for just the 3 Yoga sessions.

You may combine this week long retreat with Gannon's GAVY Teacher



**NEW Yoga Dealer
by Michael Gannon
Capri Pants**

Puedes comprar desde México
(más gastos de envío)

Apprenticeship from September 5-27, in Playa del Carmen. It is only 45 minutes from Tulum. So, you can schedule yourself for ***a full month Yogic Beach Buzz Overdose with The Yoga Dealer!***

Click Here to [Book Retreats...](#)

Michael Gannon Yoga Products

[Opening Your Heart -- Elements of Backbending \(DVD\)](#)
[From Earth to Heaven \(DVD\)](#)
[Awaken Your Life Force and Quiet Your Mind \(CD\)](#)
[Primary Series Posters](#)

Header photo © 2009 Ilán Rabchinsky

Yoga Dealer Collection



michaelgannonyoga.com



Try it FREE today.