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MGY Issue 12 | July 2011



### Higher Practices

## ***"Don't Run Away and Join the Flea Circus!"***

### **Lesson in False Limitations From an Insect**

Have you ever been to a Flea Circus? Have you ever even heard of a Flea Circus? It is the flea's super hero-like ability that has allowed them to be trained to do such things as pull a mini cart, walk a tightrope or hop from one pre-determined place to another.

### Please Join:

- Michael Gannon Audio
-  Michael Gannon Yoga
-  @gannonyoga
- Michael Gannon Yoga

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Svensons Flea Circus Preview

Of the entire insect world, fleas are by far the best jumpers. That little black speck, that sometimes you cannot even see, can jump 8 to 10-inches high! Many, many times it's own size. To put that in perspective, imagine yourself able to leap from a standstill position to the height of a 100-story building!

So how are fleas trained for the circus? By being conditioned into limitations. If you put a flea inside a 6-inch glass, it will simply jump right out. And each time you put him back in that glass, again he will jump right out. Now, when you place some plastic wrap over the top of the glass, the flea will continue to jump with it's super strong legs intending to clear the top of the glass, only to crash into the top and fall back down to the bottom of the glass. And then again, and again and again. This will go on and on and on, as the flea has no learning capacity about the ceiling that has been placed above him. This even can go on all day, and sometimes till the next day.

**Please click here for the FULL STORY**

Shanti Out,



**New to our mailing list?**

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


## Next Workshops

PUEBLA, MEXICO

## 2011 Tour Schedule

### PAST EVENTS

#### PUERTO MORELOS, MEXICO

 [One Breath of Yoga](#)  
June 11

#### MEXICO CITY, MEXICO

 [Mukta Yoga](#)  
July 2



 [Amala Yoga](#)  
July 3



### NEXT EVENTS

#### MEXICO CITY, MEXICO



 [Anahata Yoga](#)  
July 5

#### PUEBLA, MEXICO

 [Amma Yoga Center](#)   
July 6-7

 [Ganesha Yoga](#)   
July 9


#### CUERNAVACA, MEXICO

 [Surya Cuernavaca](#)   
July 10

#### PLAYA DEL CARMEN, MEXICO

 [Yoga By The Way](#)  
July 16

#### COZUMEL, MEXICO

 [Power Yoga Cozumel](#)  
August 13


#### GUADALAJARA, MEXICO

 [Punto Yoga](#)  
August 26-28

#### PLAYA DEL CARMEN, MEXICO

 **GAVY Teachers  
Apprenticeship  
RYT 200**  
Sept. 5-27

#### TULUM, MEXICO

 [Maya Tulum](#)   
October 2-8

#### ABERDEEN, SCOTLAND

 [MoYoga](#)  
October 19-21

#### GLASGOW, SCOTLAND



**Amma Yoga Center,  
Cholula**

**"Opening Your Heart --  
Elements of Backbending"**

July 6, 7:00 - 9:30 pm

**"Breath, Bandhas and  
Arm Balance"**

July 7, 7:00 - 9:30 pm



**Ganesha Yoga Shala, Puebla**

Help Gannon to christen his friends' new and improved location. Ganesha Yoga has been a pioneer in the Puebla yoga community. Now they have a new/bigger studio and a juice bar. YUMMY!!

**"Magic of Bandhas"**

July 9, 9:00 am - 12:00 pm



*Popocatepetl Volcano*

CLACKSON, COASTLAND



**Jo Lockhart Yoga**

October 21-23

**E. GRINDSTEAD, ENGLAND**



**Akasha Yoga**

October 24

**COBHAM, ENGLAND**



**Camilla Campbell Yoga**

October 25

**CAMBRIDGE, ENGLAND**



**Cambridge Yoga Centre**

October 26-27

**LONDON, ENGLAND**



**London Yoga Show**

October 28-30

**MEXICO CITY, MEXICO**



**8th Encuentro**

**Nacional de Yoga**

November 11-13

**GOA, INDIA**



**Purple Valley Yoga Retreat**

December 10-23

[Full year updated schedule](#)



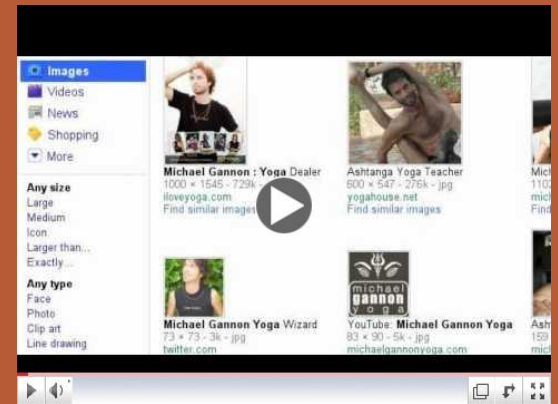
**gannon**  
ASHTANGA VINYASA YOGA

**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



**Yoga Dealer, defined**  
(searching for Yoga)

Gannon's latest  
DVD release  
NOW Available!

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

**Tuition: US\$ 2,590 Dollars**



## GAVY System

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

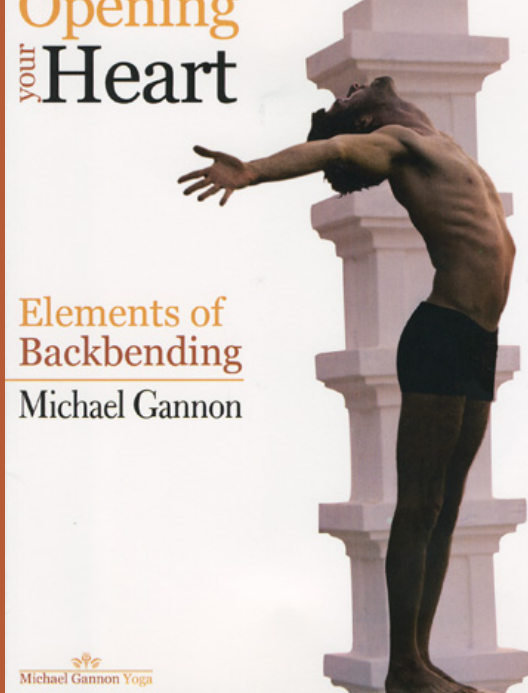
The GAVY system of teaching yoga is based on the proven yoga traditions from India. The way that Michael learned it from 10 years of visits to India, training with his Gurus. BUT, we take it an important step further, making these practices palatable for the western mind. And it is through this system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

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

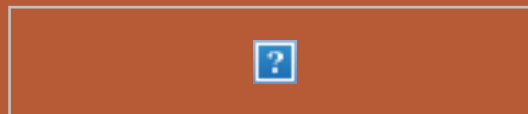


**Buy Now !**

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



*Join a friend!*



## Beach Retreats

 [2nd Annual Ashtanga and Vinyasa Retreat](#)

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 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!

December 10-23, 2011  
GOA, INDIA



### Purple Valley Yoga Retreat

This is Gannon's 7th time teaching at Purple Valley Yoga Retreat.

A favorite place to go in India! Always a BLAST !!!  
And, Goa is what Gannon calls "India for Beginners".

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

**yoga dealer** by Michael Gannon  
Hand-Stitched 100% Cotton Tees

*Puedes comprar desde México  
(más gastos de envío)*

## 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](#)

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## yoga dealer Collection



**michaelgannonyoga.com**

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