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MGY Issue 11 | June 2011

Higher Practices

"Do Your Practice and All is Coming"

-Sri. K. Pattabhi Jois

The great Sage Patanjali defined Yoga and how one can obtain it in the *Yoga Sutras* written over 2,000 years ago. He said that Yoga is Union: Union of the Individual Self with the Universal Self. If we can calm the mind, we can discover our true Self and experience this Union. He told that there are 3 ways we may obtain Yoga or Union with the Divine.

One, we can accept right now, in this moment, that we are God.



Sri Krishna Pattabhi Jois

**Please Join our
NEW SoundCloud
Audio Page**

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

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There is no difference between each and every being on this planet, as we all come from the same source. This is obviously very difficult for us to truly accept.

Two, we can move into a true meditative state, or *Dhyana*, without the distracting thoughts in the head and complete stillness in the body... for 3 hours! especially for those of us living in a western world of media, entertainment, work, family, Etc.

And for those of us who cannot exercise one of the first two options, there is a third one.

Please click here for the FULL STORY

Shanti Out,



New to our mailing list?

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

Next Workshop

PUERTO MORELOS, MEXICO -- June 11, 2011



"Opening Your Heart -- Elements of Backbending"

with Michael Gannon

9:00 am - 12:00 pm

Some of us have a spine like cooked linguini and don't need to think about backbending.

Some of us begin to hyperventilate when we attempt basic backbends. In this Workshop, we will break down individual elements that allow us to backbend with control and comfort. Working with partners we will explore shoulders, hip flexors our front, our foundation and our breath. All levels, all styles of practitioners. Based on Michael's latest DVD.



One Breath of Yoga

info@onebreathofyoga.com

998 144 9944

Upcoming Workshops

2011 tour schedule

PAST EVENTS

LEESBURG, VIRGINIA, USA

Go With It! Flow Yoga
May 11-12

NEXT EVENTS

PUERTO MORELOS, MEXICO



One Breath of Yoga
June 11

CANCUN, MEXICO



**GAVY Teachers
Apprenticeship
RYT 200 (part 1)**

June 17-27

MEXICO CITY, MEXICO



Mukta Yoga
July 2



Amala Yoga Studio
July 3



Anahata Yoga
July 5

PUEBLA, MEXICO



Amma Yoga Center
July 6-7



Ganesha Yoga
July 9

COZUMEL, MEXICO



Power Yoga Cozumel
August 13

GUADALAJARA, MEXICO



Punto Yoga
August 26-28

PLAYA DEL CARMEN, MEXICO



**GAVY Teachers
Apprenticeship
RYT 200 (complete)**

Sept. 5-27

TULUM, MEXICO



Maya Tulum
October 2-8

ABERDEEN, SCOTLAND



MoYoga

Last chance, final spaces for
GAVY Teacher Training (part 1)
this month in Cancun, June 17-26!
Details below...



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)

PLAYA DEL CARMEN, MEXICO

One 23-day intensive

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

Tuition: US\$ 2,590 Dollars



Flow Yoga
October 19-21

GLASGOW, SCOTLAND



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](#)



Michael Gannon at Flow Yoga
Leesburg, VA (Part 1)

Gannon's latest
DVD release
NOW Available!



[Click Here to Book Teacher Apprenticeships](#)

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.

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](#)

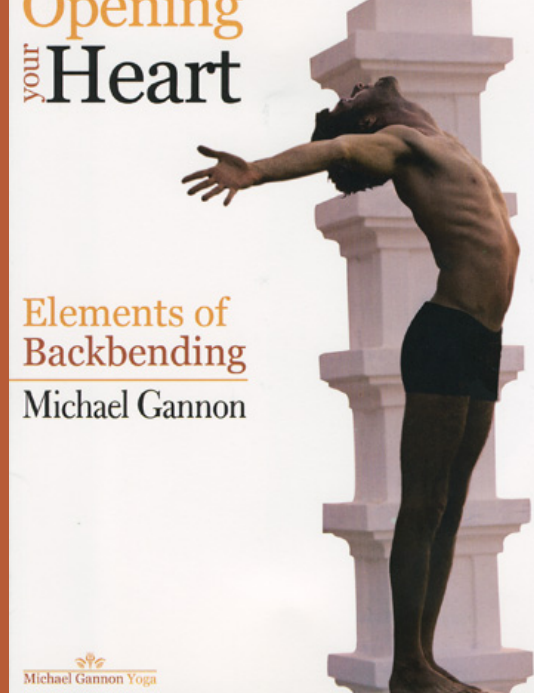
October 2-8, 2011
TULUM, MEXICO



Maya Tulum Spa Resort

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

GANNON ASHTANGA & VINYASA



Buy Now !

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



Join a friend!



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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