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MGY Issue 10 | May 2011

Higher Practices

"Horses, Humans and Inversions in Yoga"

Recently I was invited horseback riding with some friends. As we were returning back to the stables, and were within a couple miles, the beautiful animal that was carrying me started to gallop (run like the wind!). It didn't matter what I tried to communicate to her, she was not interested. She had one thing on her mind -- Starbucks!



OK, maybe not Starbucks or the juice bar, but the equivalent to it -- A

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 Michael Gannon Yoga

 @gannonyoga

 Michael Gannon Yoga

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big bucket of cool water and a bale of hay. You see, she was so conditioned to know that whenever she returned from a ride, it was lunch time. Before she was even done with her riding practice, her mind was on the prize. Even if it might have been better for her to take the home stretch slowly, slowly so that she could cool down before diving into her vegetarian feast.

Sometimes we human yogis can behave the same way in our Yoga asana practice. We can be too anxious to get off the mat and into our coffee cup, that we don't take time to wind down and do a proper finishing sequence. Often it may be work, school or the beach that is racing us off before properly finishing and relaxing at the end of our practice.

The inversions in our finishing sequence are very important in Ashtanga Vinyasa Yoga as well as other strong asana practices. Do you want to know why? Well, I'm going to tell you anyway!

[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

CANCUN, MEXICO -- May 5, 2011

PARTY, PARTY, PARTY IN MEXICO !!!



"Ashtanga Rocks"
with Michael Gannon

8:15pm - 10:15pm **Ashtanga Rocks**
Bust out of the traditional rules and add a little Rock & Mantra to your practice!
Let's flow through the Vinyasa System to the rockin beats of Gannon's funky playlist. Ohhhhhh



2011 tour schedule

PAST EVENTS

QUERETARO, MEXICO

 [Arati Yoga](#), April 8-10

NEXT EVENTS

CANCUN, MEXICO



[IDASH](#)

May 5

LEESBURG, VIRGINIA, USA



[Go With It Yoga](#)

May 11-12

MIAMI, FLORIDA, USA



[Dharma Studio](#) (Coconut G.)

May 21



[Rina Yoga](#) (Coral Gables)

May 22

PUERTO MORELOS, MEXICO



[One Breath of Yoga](#)

June 11

RIVIERA MAYA, MEXICO



GAVY Teachers

Apprenticeship

RYT 200

June 17-27 (part 1, Cancun)

MEXICO CITY, MEXICO



[Mukta Yoga](#)

July 2



[Amala Yoga Studio](#)

July 3

COZUMEL, MEXICO



[Power Yoga Cozumel](#)

August 13

GUADALAJARA, MEXICO



[Punto Yoga](#)

August 26-28

RIVIERA MAYA, MEXICO



GAVY Teachers

Apprenticeship

RYT 200

Sept. 17-27 (part 2, Playa del Carmen)

TULUM, MEXICO



[Maya Tulum](#)

October 2-8

ABERDEEN, SCOTLAND

Yeeeeeeaaahhhh!!!



IDASH

Bookings: info@idash.com.mx
892-1071 · 892-3325



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)

PLAYA DEL CARMEN, MEXICO

One 23-day intensive

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

Tuition: US\$ 2,590 Dollars



MoYoga
October 19-21

GLASGOW, SCOTLAND



Jo Lockhart Yoga
October 21-23

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](#)



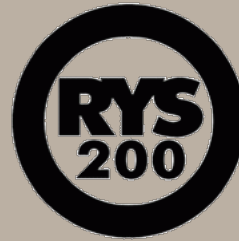
**Michael invites you to the GAVY
Teachers Apprentieship 2011**

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

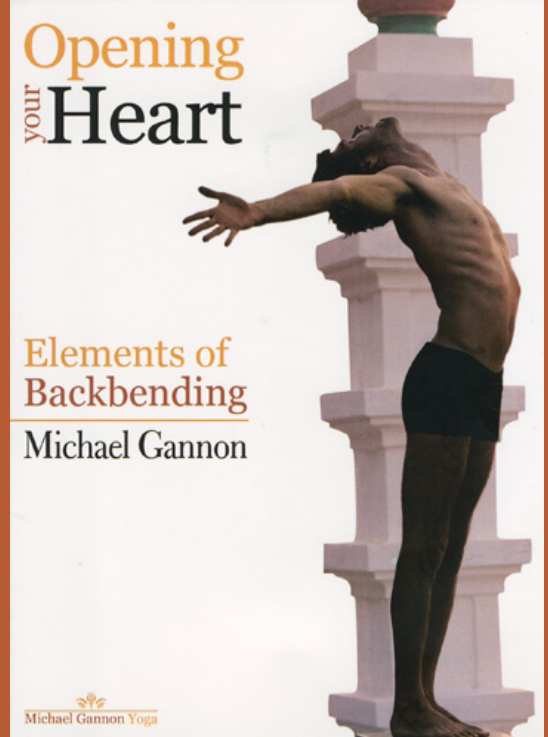
October 2-8, 2011
TULUM, MEXICO



Maya Tulum Spa Resort

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

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



Buy Now !

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

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Mailing List



Join a friend!



**yoga dealer by Michael Gannon
Hand-Stitched Racerback Tank**

*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!**

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...](#)

GANNON ASHTANGA & VINYASA



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

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