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Issue 14 | September 2011

Higher Practices

The Yoga of Dying

Saying Goodbye to My First Guru

August 20, 2011, 3:00 pm

I'm writing this while sitting in room 323 at Hilton Head Hospital, in South Carolina.

Song after song of my classic country music collection pours from my

Please Join our **Facebook Group Page**, as the Personal Profile has reached its limit

 Michael Gannon Yoga

 @GannonYoga

Michael Gannon audio

Michael Gannon Yoga video

In This Issue

Next Workshop

laptop -Johnny Cash, Merle Haggard, Charlie Pride, Elvis Presley and Sonny James.

This background music sings of a bond my Father created between us long ago. I grew up listening to it with him over and over as a child.

Even in the car as a pre-teen in the 70s, this music powered our road trips together. I loved punching the button on the car's 8-track cartridge player. Some of these songs I have not heard in over 30 years and the lyrics still come to me as I sing along.

Over my shoulder, in a hospital bed, lays my Father in what appears to be the final hours of 69 years of life in this body. It is easy for me to separate *Father* from *this body*, as the body beside me, which is scarcely breathing, is far from the beautiful Being that I have known and loved for over 45 years. The last few years have been challenging times, due to the final stages of dementia (Alzheimer's).

And now, that he lays in hospice, it is just a matter of time that his eternal spirit slips out of this tired body and on to whatever comes next!

The mix of melancholic music and my emotional state brings back a limitless flow of memories. Most of these memories are of childhood and adolescence with my Father. As the memories play through my mind like a movie, there is a reoccurring theme of Love, Support and Freedom. He is teaching me how to ride a bike, attending hundreds of my baseball and football games, and cosigning a bank loan to buy my first car. He is supporting my plan to be the first in generations of extended family to leave home to study at university. As a world traveler, he is always interested in where I go, and what I am learning along he way.

My Father's love was always combined with freedom. And that is a tough combination to come by. All he wanted was for me to have the things he never did. To live with the possibilities he never had.

My friends that felt they could not follow their desired life path, due to their father's plan or expectations, always puzzled me. My Father was always proud of my choices as long as I was happy.

Even when I turned to a life of Yoga, something he had never even heard of, he was supportive.



Butchji and Michael
Hilton Head, SC ; November 2008

2011-12 Tour Schedule

PAST EVENTS

GUADALAJARA, MEXICO

 [Punto Yoga](#)

August 26-28

[AUDIO RECORDINGS](#)

NEXT EVENTS

PLAYA DEL CARMEN, MEXICO

 [GAVY Teachers Apprenticeship RYT 200](#)

[Hotel Alhambra](#)

September 5-27

TULUM, MEXICO

 [Maya Tulum](#) 

October 2-8

ABERDEEN, SCOTLAND

 [MoYoga](#)

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

LEESBURG, VA

 [Flow Yoga](#)

November 1-2

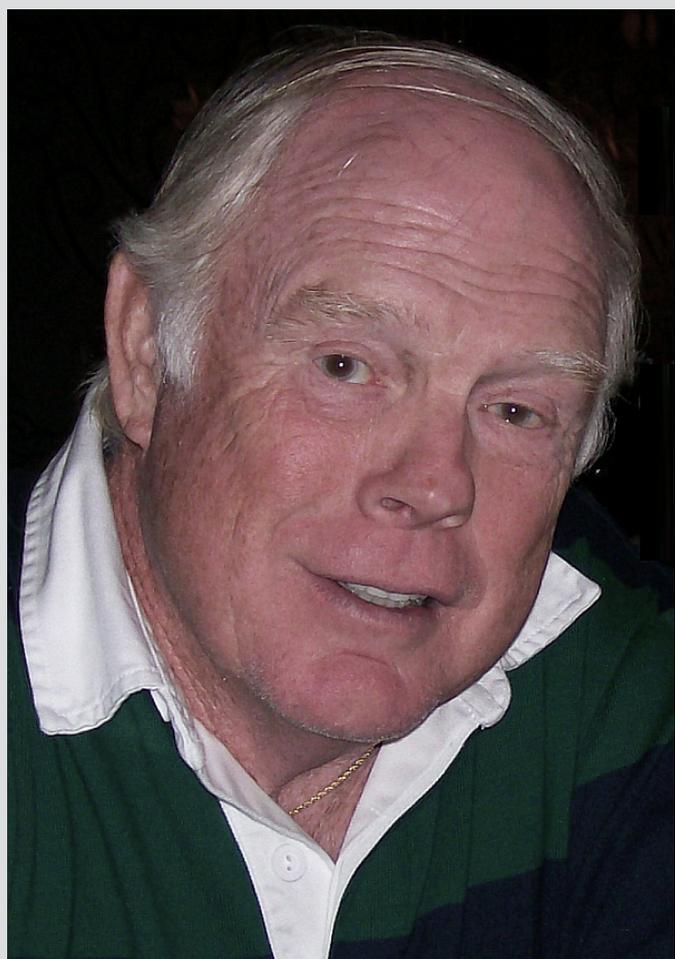
MEXICO CITY, MEXICO

[8th Encuentro](#)

Two years ago, I said goodbye to my Yoga Guru of 10-years, Sri. K. Pattabhi Jois. His students always knew him as "GuruJi". In India, the "Ji" is added to the end of a name or title to show respect. It's typically used for Teachers, Gurus, Spiritual Guides and other types of senior personalities. When GuruJi died, I had a similar movie mind experience, remembering so many things that I had learned by his side. Recalling this, makes me realize something important about my Father: He was my first guide in this life. He was my first teacher. He led me through the formative years. My Father was my first Guru!

Today, I will say my last farewells to my first Guru, Harley Robert "Butch" Gannon, my Father. I leave the room saying goodbye to his Spirit, not knowing if it will be the last time (*it was*). Like many times with respected Gurus and Spiritual Guides in India, I intimately touch both of his feet with both hands, and then bring my fingertips to my heart, repeating it three times. Then again, from his feet to my third-eye, three times. One last time, in his living body's presence, opening my heart and my eyes to all he has shared with me. Sucking in that essence of his unconditional love and support that will stay with me for as long as I remain in this body.

To my first ever Guru... who guided me through my youth...
from the darkness to the light... ButchJi, I bow to You.



Harley R. Gannon
"ButchJi"
July 30, 1942 - August 20, 2011

Thanks, Dad!
Rest in Peace
I love You!

 [Nacional de Yoga](#)
November 11-13 

GOA, INDIA



[Purple Valley Yoga Retreat](#)
December 10-23

QUERETARO, MEXICO



[ARATI Yoga](#)
[GAVY Teacher Training](#)
[RYT 200](#)

June 8-30, 2012

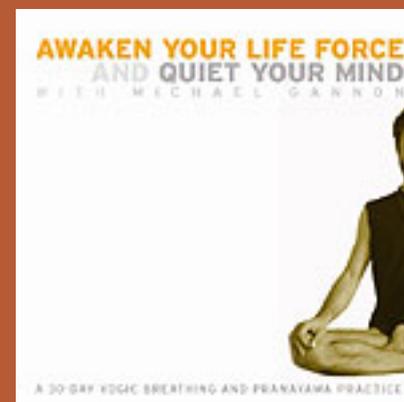
[Full year updated schedule](#)



Michael Gannon Workshop
[Ganesha Yoga Shala](#)
Puebla, Mexico; July 2011

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Audio CD release
available for DOWNLOAD

[iTunes Store](#)



Awaken Your Life Force and
Quiet Your Mind CD



Michael

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Shipped worldwide
for only US\$5 Dollars



Join a friend!

LAST AVAILABLE SPACES LEFT!

NEXT WORKSHOP

Playa Mysore Club @ Alhambra Hotel with Michael Gannon

Playa Del Carmen, MEXICO

September 5 - 15 and 6 - 27, 2011
(Days Off: 12 and 19)
7:00 - 8:15 am OR 8:00 - 9:15 am



This course is a unique opportunity to join the energy of the GAVY Teacher Apprenticeship for the morning practice sessions only.

There are only 8 spaces available for each 10 day term. So you MUST book these in advance. Single Drop-in classes will only be possible if space is available.

Fees:

Full 20 days -- US\$ 400 (\$ 2,900 pesos for locals; 40% OFF)

Only 10 days -- US\$ 200 (\$ 1,900 pesos for locals; 25% OFF)

Single Drop-in -- US\$ 25 (\$ 250 pesos for locals; 20% OFF)

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To Book Your Playa Mysore Club Space NOW!



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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

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

 Alhambra Hotel (Yoga Salon)
Calle 8 (on the beach)

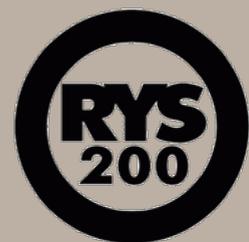
Tuition: US\$ 2,590 Dollars

Previously certified GAVY Trainees may participate in the full
Teacher Training for 50%! (only US\$ 1,300)

[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.



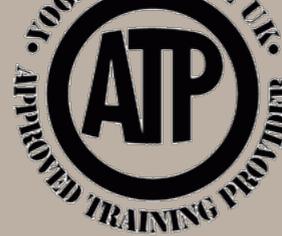
Registered Yoga School

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



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.

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...](#)

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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