



MGY Issue 03
August 2009

Higher Practices

The Everyday Guru

The role of a Guru is to help us through transformations from darkness to light. To shine a flashlight, so to speak, on life stuff that we may otherwise miss.
(in Sanskrit Gu = Darkness, Ru = Removal)

Each of us has a different idea of who our Guru is.

Sometimes we search all over the world to find our Guru.

In far away places like Southern India, the Mountains of Nepal, Deserts of Mexico or the Rainforest in Brazil. Some of us receive teachings from our Guru often; some of us visit our Guru but once a year; some of us have a living Guru, and for some of us our Gurus is dead. Some of us seek our entire lives and never find our Guru.

Well, maybe your Guru is right where you are TODAY. Maybe he is there everyday. Maybe she is different everyday.

We have heard the teaching that 'When the student is ready, the teacher will appear'. Well, how about, 'When the student opens their eyes, they will see that the

Next Workshop

GAVY Teacher Apprenticeships

Retreats

tour schedule

TULUM, MEXICO

Master Class @ Ocho
Sept 13, 2009

PUEBLA, MEXICO

Day Intensive Workshop
October 3, 2009

ABERDEEN, SCOTLAND

The Spot
Mysore Workshop
Oct 26 - 28, 2009

LONDON, ENGLAND

The National Hall
The Yoga Show
October 30, 2009

AMSTERDAM, NETHERLANDS

Yoga Tree
Weekday Workshop
November 3 - 4, 2009

EDINBURGH, SCOTLAND

Union Yoga
Weekend + Mysore Week
November 6 - 12, 2009

Gurus are right in front of them, EVERDAY!'

The Universe provides opportunities for transformation with the lessons we need to learn each and every day through the challenges we encounter. Especially in times of challenge when we really feel we need a Guru. And they come via whatever person is in our life that day to deliver them to us.

Maybe it is the screaming child sitting next to us on the airplane (OR our own screaming child) so we can learn about love and attention. Maybe it is the person next to us in line at the bank that is losing his cool from having to wait, so we may observe a lesson in patience.

How about the accident on the road that teaches us how important it is to remain present while we drive. Or even the drunk guy who crashes into our car making us realize how easily loved ones may be gone.

It could be the smokers sitting next to us in the restaurant, teaching us that there are many different ideas of comforting air.

Maybe it is our best friend telling us their partner is leaving them because they are not happy. Maybe it is our OWN partner who is leaving US because they are not happy.

Today I invite you to look for your Guru (or Gurus) in your everyday encounters. Not just the people that you expect to hear or learn some enlightened words of wisdom from, but every person that crosses your path, whether you know them or not. These are our opportunities for Everyday Guru encounters, IF we are willing to open our eyes and see the Guru.

The more we open our eyes to see these people, these encounters, these happenings as our Gurus, the more we can learn the lessons of transformation they have to offer us. And, the more they can lead us from the darkness to the light.

Shanti Out,

EAST GRINSTEAD, ENGLAND

The Yoga Sessions
Day Intensive Workshop
November 14, 2009

PLAYA DEL CARMEN, MÉXICO

Ananda Yoga
Weekend Workshop
Jan 23-23, 2010

GOA, INDIA

Purple Valley Yoga
Meditation Retreat
Feb 27 - Mar 12, 2010

CHARLOTTE, NC

Y2 YOGA
Weekend Workshop
April 23-24, 2010

RICHMOND, VA

Ashtanga Yoga Richmond
Weekend + Mysore Week
May 21- 28, 2010

GAVY teacher apprenticeships

PLAYA DEL CARMEN, MÉXICO

GAVY Yoga Loft
(RYT-200) (Module 1- 4)
Sep 7 - 29, 2009

MEXICO CITY, MEXICO

Centro Kiai
Oct 5 - 9, 2009 (module 1)
Nov 30 - Dec 4, 2009 (2)
January 25 - 29 2010 (3)
April 18 - 22, 2010 (4)

EDINBURGH, SCOTLAND

Union Yoga
(Module 1- 2)
Oct 16 - 25, 2009

QUERÉTARO, MÉXICO

Todoesuno
(Module 1)
Nov 23 - 27, 2009

CANCÚN, MEXICO

IDASH
(Modules 1- 4)
10 Weekends: Mar - Dec, 2010

CHARLOTTE, NC

Y2 YOGA
(Module 1)



Manno

[Join Our Mailing List!](#)

Join a friend!

(If you're new to our mailing list and would like to receive any of Michael's *Higher Teachings* writings, send us an email and we will forward them to you (They started with *MGY 01- June 2009*)

Next Workshop

Tulum, Mexico
Sept 13, 2009
8am - 10am

gavy



Master Class with Gannon @ Ocho Tulum

Join Michael as he teaches for the first time in Tulum on the beach! Beautiful space, beautiful beach, beautiful people. Spend the day chilling at the beach after class.

Ocho Tulum
8 kms. south from tulum off the road to boca paila - punta allen
www.ochotulum.com
984 131 2328
adrimangino@gmail.com

Two Spaces Left for Playa del Carmen, Sept 7-29!!!



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.

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 150 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 Month Long Intensive, Four 5-day modules or 10-Weekends.

Playa del Carmen, México

September 7 - 9, 2009 (Module 1 - 4)

Gannon Ashtanga Vinyasa Yoga Loft
Residents Sian Kaan, Playacar 2
Playa del Carmen, México

Tuition: US\$ 2,500

retreats

GOA, INDIA

Purple Valley
Mysore and Meditation Retreat
February 28 - March 12, 2010



Michael Gannon Yoga Products

From Earth to Heaven (DVD) - *Awaken Your Life Force and Quiet Your Mind* (CD) - Primary Series Posters

<http://www.michaelgannonyoga.com/>

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