



MGY Issue 07
August 2010


Higher Practices

What I learned while NOT eating for 14 days

This month I broke a fast of 14 days with no food. Only drinking The Master Cleanse (water, lemon, maple syrup, cayenne pepper). Yes, you read correctly...NO food! I do this at least once a year as a cleansing, to give my system a rest and as a yoga tapas practice (austerity). As you can imagine, there is some serious transformation during a practice like this. And, each time I take this journey, I have some pretty powerful realizations. I want to share with you how this Fast works, and what I was awakened to this time during the Fast. And shares some Higher Practices with you as a result of it. I wrote a short story explaining it all, and have posted it here.

Click here now to read it...

[What I Learned While NOT Eating for 14 Days!](#)

Before or after you check out that story, there are three exciting yoga events I want to share with you this month. Firstly, the first ever **Gannon Retreat at Maya Tulum**, in Tulum, Mexico, from August 29-September 4. The most beautiful beach in all of Mexico! Spaces still available! AND, local students that do not sleep at Maya Tulum can pay a day rate of only \$108 with 3 yoga sessions. Or \$168 including 3 meals. Click here to book... 

Secondly, the annual **GAVY Teacher Apprenticeship** in Playa del Carmen, September 6-28. We still have 4 spaces available for this Training. Click [here](#) to book now...

And finally, the **Playa Mysore Club**, with open classes of Mysore

Next Workshop


GAVY Teacher Apprenticeships

Retreats

tour schedule

TULUM, MEXICO

Maya Tulum

Vinyasa Yoga Retreat 
August 29 - Sept 4, 2010


PLAYA DEL CARMEN, MEXICO

Playa Mysore Club
September 6 - 28, 2010

PLAYA DEL CARMEN, MEXICO

Teachers Apprenticeship
RYT 200 (Modules 1-4)
September 6 - 28, 2010

RIVIERA MAYA, MEXICO

Yoga Anatomy Course
with David Kiel 
September 17-19, 2010

EURO & UK TOUR

10 city tour
October 7 - 31, 2010

For full years schedule click

Style, Guided Ashtanga and Guided Vinyasa classes. This will all take place at the **GAVY Yogaloft**, just behind Mamitas Beach on Playa del Carmen, September 6-28. Click [here](#) now to book Morning Mysore Practice with Gannon. For Open Guided Classes with other GAVY

Certified Teachers click [here](#) to book now...

All this takes place in the same area over the same time-frame, so you can schedule yourself for **a full month Yogic Beach Buzz Overdose with The Yoga Dealer!**

Don't forget to check out the short story I prepared for you here... **[What I Learned While NOT Eating for 14 Days!](#)**

Shanti Out,



(New to our mailing list? To read Michael's [previous Higher Practices](#), click here [NEWSLETTERS](#))

Next Workshop

Playa del Carmen, Mexico -- September 6 - 28, 2010

Playa Mysore Club @ GAVY Yogaloft with Michael Gannon

7:00am - 8:15am OR 8:00am - 9:15am

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**)

Book Your Playa [Mysore Club Space NOW!](#)

Open Guided Classes @ GAVY Yogaloft with GAVY Teachers

[here.](#)

GAVY teacher apprenticeships

CANCÚN, MEXICO

IDASH

(Modules 3 - 4)

5 Weekends: August - Dec, 2010

PLAYA DEL CARMEN, MEXICO

GAVY Yogaloft

(RYT-200 Intensive)

September 6 - 28, 2010

Wanna be a
Yoga Dealer ?

[Yoga Dealer Blondy](#)



Get your gear here!

Now available
domestically in both
USA and Mexico!

[Join Our Mailing List!](#)

Join a friend!

12:30pm - 1:45pm
6:30pm - 7:45pm
Monday - Saturday

Fees:

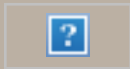
All classes are drop in
Only \$108 Pesos for local yogis
Or \$150 Pesos for non-locals

5,13 & 20 class cards available for the month from \$75 pesos per class!

Book Your [Class Card NOW!](#)

GAVY Yogaloft

Calle Cozumel #5 @ Calle 28th
(behind Mamitas Beach)
Playa del Carmen, Mexico
tel: 984 125 9891



Playa del Carmen, México

September 6 - 28, 2010 (full RYT-200 intensive)

Gannon Ashtanga Vinyasa Yogaloft

Tuition: US\$ 2,590

4 Spaces still available!!

Cancun, México

May - December 2010 (weekend modules)

IDASH

Pargo 14, SM 3, Cancun

Tuition: MXN 3,800 per month

5 more weekends still open for weekend drop-ins or all 5 weekend bookings.

August 20-22

Sept 17-19 (*open Yoga Anatomy course with David Kiel, US\$150*)

Oct 1-3

Nov 12-14

Dec 10-12

You may also drop in for the Mysore Practice sessions Friday night, Saturday & Sunday mornings. Contact us for practice times and to get a space.

[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.

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.

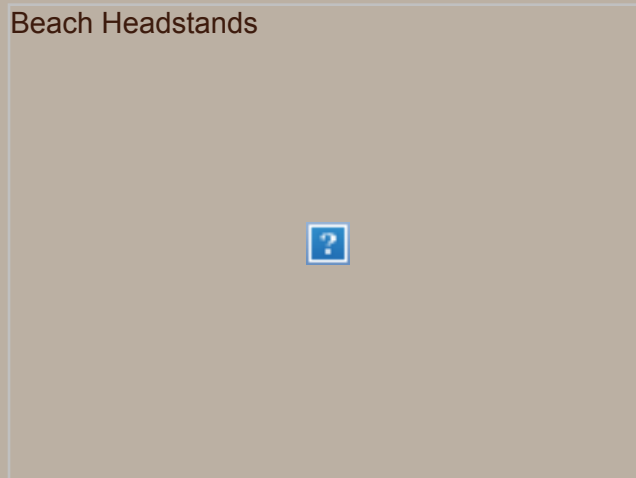
Teach yoga to ANYBODY. Teach yoga to EVERYBODY.

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.

beach retreats

Beach Headstands



TULUM, MEXICO

Maya Tulum

Ashtanga and Vinyasa Retreat 

Gannon with Johnna Smith from Charlotte, NC

August 29 - September 4, 2010

Local students can pay a day rate of only \$108 per day for just the 3 yoga sessions.

You may combine this week long retreat with Gannon's GAVY Teacher Apprenticeship from September 6-28, 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!**

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

Michael Gannon Yoga Products
From Earth to Heaven (DVD) - *Awaken Your Life Force and Quiet Your Mind* (CD) - Primary Series Posters
Yoga Dealer Collection

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

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