



MGY Issue 04
January 2010

The MGY newsletters kinda disappeared during the last couple months. Excuses: I was soo deeply focused on back to back teacher apprenticeships (*Playa del Carmen, Edinburgh, Queretaro*), and a 5-week UK tour; Waiting for the new michaelgannonyoga.com website to launch; Holiday travels; New baby arrival responsibilities; blah, blah, blah. Excuses aside, I'm back on track now in 2010 with *MGY Issue 04*.

AND, the FRESH new website is LIVE and it ROCKS!!! Now you can buy products and pay for your Retreats and Teacher Apprenticeships with a credit card or Pay Pal. So check it out here yogis... [michaelgannonyoga.com!](http://michaelgannonyoga.com)

Higher Practices *Your Dirty Mind*

I want to talk to you about your polluted little mind.

The great sage Patanjali, wrote in the yoga sutras over 2,000 years ago, *Yogas Chitta Vritti Nirodaha*. "Yoga is the cessation of the fluctuations of the mind". The word *Vritti* can literally mean Whirl, referring to the way the mind may fluctuate round and round. Much like the whirls in your toilet bowl.

We can say that the natural state of the water in your toilet bowl is calm, right. Without any external stimuli, that is how it would remain. But then, someone comes along, creates some crap and muddies the water. When this happens we flush. The content of the bowl starts go round and round, building up a centrifugal force that can not easily be stopped, until it is all sucked down the pipes. The waters

Next Workshop

GAVY Teacher Apprenticeships

Retreats

tour schedule

**PLAYA DEL CARMEN,
MÉXICO**

Ananda Yoga
Weekend Workshop
Jan 30-31, 2010

GOA, INDIA

Purple Valley Yoga
Mysore & Meditation
Retreat

Feb 28 - Mar 12, 2010

then return to their natural state of calm.

YOUR MIND IS LIKE A TOILET!

Just like the toilet bowl, the natural state of your mind is calm. BUT, then someone comes along and stirs up some stuff, rippling the waters of your mind. If you react to this in a dramatic way, it gets worse and your mind becomes muddy. Then we have to flush in order to bring everything back to calm.

Now, some of us flush the mind from time to time as necessary. Some of us flush the mind a bit more than necessary. AND some of our minds are in constant flush mode! Or even worse, your mind can be like the airport toilets. Where you do your business and it flushes as you leave. Of course, it rarely work that way. Sometimes it flushes when you sit down. And, when you are leaving and wanting it to flush, it doesn't!

This month, I invite you to gain more control over the flush mechanism of your mind. Strive to be the one who decides when and how often your mind gets flushed. Don't let the mind whirl round and round with every little incident that life brings.

Let your yoga practices be the training to keep you in control ! --

- 1- Controlling your breath in your yoga asana practice or your pranayama practice can train you to control your breath when the 'stuff hits the fan'.
- 2- The observation and stillness developed during your meditation practice can allow you to quickly observe situations to make quick, clean decisions.
- 3- And the presence cultivated through your meditation can help you be completely present with family, friends and co-workers whenever they hit you with drama.

So try this -- When you do your regular practices, let one of your intentions be to gain more control over the flush mechanism of your mind. Unnecessary toilet flushing is not good for the planets environment. Unnecessary mind flushing is not good for your environment.

Shanti Out,



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

ACAPULCO, MEXICO

Bambuddha
5th Annual Easter Retreat
March 29 - April 4, 2010

CHARLOTTE, NC

Y2 YOGA
Weekend Workshop
April 23-24, 2010

RICHMOND, VA

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

TORREON, MEXICO

Weekend Workshop
June 11-13, 2010

MEXICO CITY, MEXICO

Centro Kiai
Master Classes
July 3-4, 2010

PUEBLA, MEXICO

Ganesha Yoga
Teacher's Clinic
July 8-11, 2010

TULUM, MEXICO

Maya Tulum
Vinyasa Yoga Retreat
August 29 - Sept 4, 2010

PLAYA DEL CARMEN, MEXICO

GAVY Yoga Loft
(Modules 1-4)
September 6 - 28, 2010

Euro & United Kingdom

10 city tour
October 5 - 31, 2010

GAVY teacher apprenticeships

CANCÚN, MEXICO

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

CHARLOTTE, NC

Y2 YOGA
(Module 1)
April 25 - 29, 2010

PLAYA DEL CARMEN, MEXICO

GAVY Yoga Loft

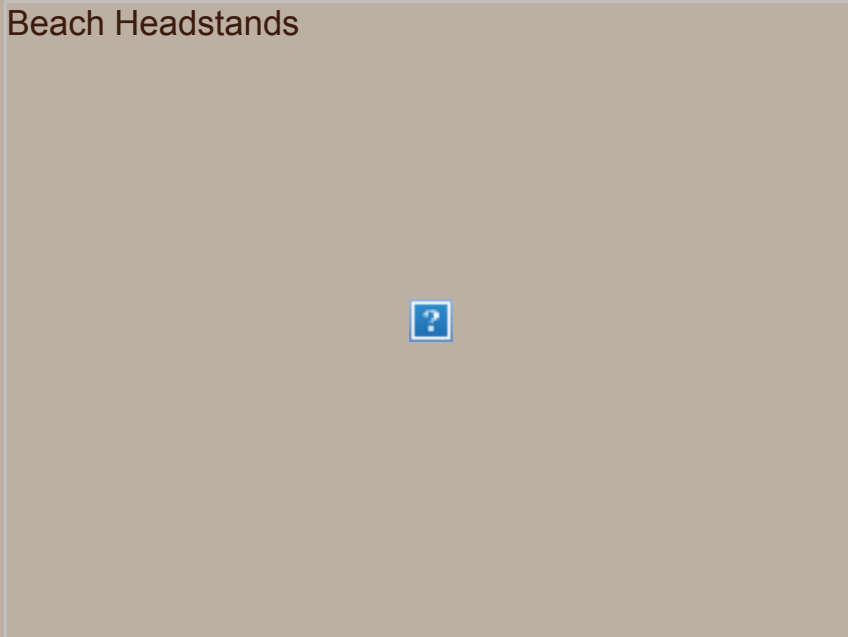
Next Workshop

Playa del Carmen, Mexico

January 30 - 31, 2010

Weekend Workshop @ Ananda Yoga

Beach Headstands



Elements of Backbending -- Saturday Jan 30th, 11:30am - 2pm

- 400 pesos

Opening Your Lotus -- Saturday Jan 30th, 4:30pm - 6:30pm

- 350 pesos

Full Vinyasa Class -- Sunday Jan 31st, 11:30 - 2 pm

- 400 pesos

All Levels Welcome

Complete workshop only 1,000 pesos if paid by January 22.

Ananda Yoga

en PALAPA SUUK

Avenida CTM 777

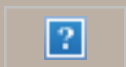
(between 5th and 10th Ave)

Playa del Carmen

984 139 7609

984 113 7834

melaniesueshank@gmail.com



Cancun, México

March - December 2010 (Module 1 - 4, one weekend per month for 10 months)

IDASH

Pargo 14, SM 3, Cancun

Join Our Mailing List!

Join a friend!

Tuition: MXN 3,800 per month

Playa del Carmen, México

September 6 - 28, 2010 (Module 1 - 4, intensive)

Gannon Ashtanga Vinyasa Yoga Loft

Residents Sian Kaan, Playacar 2

Tuition: US\$ 2,550

Click Here to [Book Teacher Apprenticeships](#)

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.

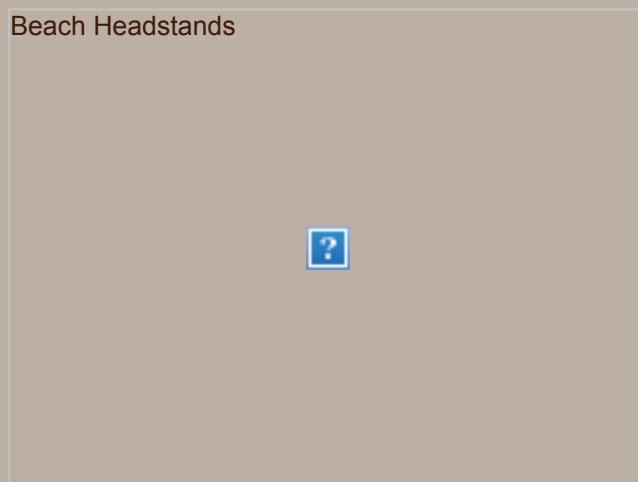
Teach yoga to ANYBODY. Teach yoga to EVERYBODY.

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



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Purple Valley

Mysore and Meditation Retreat

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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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