



MGY Issue 06  
July 2010

## Higher Practices

### ***Gannon Live Mexico, 11 to 11 -- (phase 2)***

The first phase of the Mexico Tour 2010 was **OUTSTANDING!** The dry heat of the northern cities was a welcome change. And the wet (sweaty) hugs from the Northern Yogis were even better! All stops have made the short list for repeats on the 2011 tour :)

I have enjoyed the last week back in the 100% humidity (tropical storms) of Cancun and Playa del Carmen. Tomorrow, phase 2 takes me back to Mexico City and then Puebla. Four days of yoga in each city. This tour that started on the **11th** will end on the **11th**, capped off with a special **GAVY Teachers Clinic** at Ganesha Yoga in **Puebla, July 8-11** (*NOT just for teachers*).

You can see full details for each event on the [website](#).

Also, don't forget to plan ahead for my first retreat at Maya Tulum, in Tulum, Mexico, August 29 - September 4.

**YES**, the same place you have seen so many other world yoga teachers hold their retreats. And **YES**, probably the most beautiful beach in all of Mexico!

I'm sharing the stage with a very special guest teacher at this retreat.

Click here to see whom 

AND, the Tulum retreat finishes only 2 days before the **GAVY Teacher Apprenticeship** starts in Playa del Carmen. So, you can schedule yourself for **a full month Yogic Beach Buzz Overdose with The Yoga Dealer!**

Shanti Out,

#### Next Workshop

#### GAVY Teacher Apprenticeships

#### Retreats

### tour schedule

#### **MEXICO CITY, MÉXICO**

Master Classes

Centro Kiai July 3-4, 2010

Anahata July 5-6, 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**

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**



Michael

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

## Next Workshop

**Puebla, Mexico** -- July 8 - 11, 2010

### Teacher's Clinic @ Ganesha Yoga

8:00am - 2:30pm

Este entrenamiento de 4 días esta abierto a todos los estudiantes que esten interesados, esta diseñado a enriquecer a los practicantes dedicados, aquellos que desean ser maestros y a maestros que estan enseñando actualmente.

#### Esta Clinica para Maestros consta de 2 partes:

- 08:00 am- 10:00 am : Sesiones de practica (Clase Abierta)
- 10:30 am- 02:30 pm : Sesiones de Técnicas de Enseñanza

Algo del contenido que cubre Michael que incluirá el entrenamiento es:

- Todo es la respiración!
- Poner la mesa de Yoga
- Surya Namaskaras
- Las 6 Asanas de pie fundamentales
- Posturas de Balance
- Posturas fluidas
- Posturas iniciales sentadas
- Tristana: Respiración, Bandhas y Dristi
- El sistema real de Vinyasa
- Secuencia final sentada
- Yoga Nidra
- Cómo dar un buen Savasana
- Manos en Ajustes
- Practica personal estilo Mysore
- El rompecabezas de Ashtanga
- Trabajo en equipo y simulacion de enseñanza

**Costos:** 5,200 pesos Clinica para Maestros completa.  
(4,700 pesos si pagas antes del 15 de junio)

1,500 pesos por 4 clases abiertas.

10 city tour  
October 7 - 31, 2010

[For full years schedule click here.](#)

## GAVY teacher apprenticeships

### CANCÚN, MEXICO

IDASH

(Modules 2 - 4)

6 Weekends: July - Dec, 2010

### PLAYA DEL CARMEN, MEXICO

GAVY Yoga Loft

(RYT-200 Intensive)

September 6 - 28, 2010

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Yoga Dealer ?

3 Yoga Dealers



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domestically in both  
USA and Mexico!

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Join a friend!

## Ganesha Yoga

41 poniente #2120

Puebla, Mexico

www.ganeshayoga.com.mx

tel: 222-362-3507

Check out the event here 



### Playa del Carmen, México

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

**Gannon Ashtanga Vinyasa Yoga Loft**

Tuition: US\$ 2,590

### Cancun, México

May - December 2010 (weekend modules)

**IDASH**

Pargo 14, SM 3, Cancun

Tuition: MXN 3,800 per month

6 more weekends still open for weekend drop-ins or all 6 weekend bookings.

July 23-25

August 20-22

Sept 17-19 (*open Yoga Anatomy course with David Kiel*)

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.

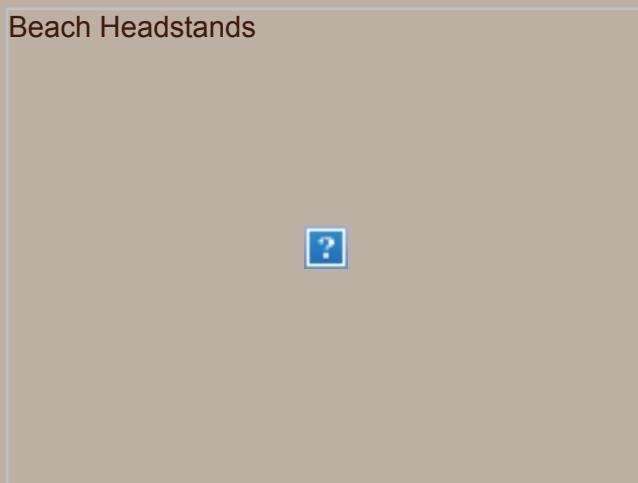
**Teach yoga to ANYBODY. Teach yoga to EVERYBODY.**

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

You may combine the week long retreat with Gannon's GAVY Teacher Apprenticeship from September 6-28, in Playa del Carmen. It is only 45 minutes from Tulum.

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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