



MGY Issue 08  
November 2010

## Higher Practices

### *From Mexico to The UK to Mexico*

The past two months of yoga teacher lifestyle have been a brilliant blend of Sunny Sandy Spicy Mexico Beach Vibe and Dynamic Delicious Fresh United Kingdom Charge! I feel SO grateful to have the opportunity to fuse these two contrasts! It provides a powerful practice opportunity to see how the mind can be in constant vacillation of the grass is always greener on the other side of the pond.

It was great to reconnect with so many yogi brothers and sisters in Scotland and England. While at the same time i was feeling a longing appreciation for my Latin yoga community all over Mexico.

Teaching and exhibiting at the *London Yoga Show* was a blast, as usual! And the launch of the latest DVD, **Opening Your Heart -- Elements of Backbending**, was greatly received throughout the UK.

Now, that I'm back in Mexico, it is time for a parallel yoga universe of the same adventure. Because next weekend, November 19-21, is the **7th Encuentro Nacional de Yoga** in Mexico City. I am grateful to be teaching, exhibiting and launching the same ***Opening Your Heart*** DVD, PLUS the ***Yoga Dealer*** apparel line.

#### Special note to our Mexico Yoga Family!

- Come to the ***Yoga Dealer*** stand at the ***7th Encuentro Nacional de Yoga*** to check out the new tasty T- shirt designs. Get one for your body and order wholesale for your yoga studio.

#### Next Workshop

#### GAVY Teacher Apprenticeships

#### Retreats

### tour schedule

#### **MEXICO CITY, MEXICO**

*7th Annual National Yoga Conference*



November 19-21, 2010

#### **MEXICO CITY, MEXICO**

Ahahata Yoga Centro

*Master Class 7-9:30pm*

November 24, 2010

#### **MEXICO CITY, MEXICO**

Namaste Yoga

*GAVY Teacher's Clinic*

November 25-28, 2010

#### **AFRICA TOUR**

Maputo, Durban, White River,  
Cape Town, Johannesburg

Dec 2010 - Jan 2011

#### **MEXICO TOUR**

Many places :)

February 2011

#### **PLAYA DEL CARMEN, MEXICO**

Mahekal Beach Resort

- Get 20% off the new dvd, [Opening Your Heart -- Elements of Backbending](#) (normally US\$30), at the **Yoga Dealer** stand.

- **WHAT?!** You don't have your tickets yet for the [7th Encuentro National de Yoga?!](#) Well, you are in luck! Click this [discount link](#) to buy your tickets NOW at 10% off. You must enter the coupon code "MG10" for the discount.

### Special note to Worldwide Yoga Family !

You can now purchase the new DVD, [Opening Your Heart -- Elements of Backbending](#) on the website with special shipping discount of only [\\$5 anywhere in the world!](#)



Shanti Out,

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

## Next Workshop

**Mexico City, Mexico** -- November 25 - 28, 2010

### GAVY Teachers Clinic with Michael Gannon

Gannon is teaching a 4 day GAVY Teachers Clinic. For Teachers, wanna be teachers or practitioners wanting to deepen their knowledge of the Ashtanga Vinyasa Yoga system. You may join for only the morning practice sessions or for the full clinic.

#### Location:

Namasté Yoga y Pilates  
Nápoles 39 casi esquina Londres

#### Schedule:

8-10am      Open Class Sessions  
10:30-2pm   Teachers Clinic Sessions

#### Bookings:

yoga.dealer.mx@gmail.com  
informes@namaste.com.mx

**6th Annual Spring Beach Retreat**  
March 27-April 2, 2011

### CANCUN, MEXICO

*Teachers Apprenticeship*  
*RYT 200*

April 15 - 24, 2011 (part 1)  
June 17-26, 2011 (part 2)

### ASHVILLE, NORTH CAROLINA

Ashville Yoga Center  
May 13-15, 2011

### PLAYA DEL CARMEN, MEXICO

*Teachers Apprenticeship*  
*RYT 200*

September 5 - 27, 2011

### TULUM, MEXICO

Maya Tulum   
*2nd Annual Vinyasa Yoga Retreat*  
October 2-8, 2011

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

## GAVY teacher apprenticeships

### CANCUN, MEXICO

*GAVY RYT 200*

April 15 - 24, 2011 (part 1)  
June 17-26, 2011 (part 2)

### PLAYA DEL CARMEN, MEXICO

*GAVY RYT 200*

September 5 - 27, 2011

Gannon's latest DVD release  
**NOW Available!**

**Course Fee:**

\$ 4,700 pesos before Nov 1 **EXTENDED TILL NOV 15!!**

\$ 2,900 pesos for 2 full days only (Sat/Sun)

\$ 1,500 pesos for 4 Open Classes only

\$ 1,000 pesos for 2 Open Classes (Sat/Sun)

Facebook Event details en Español here:



## Cancun, México

### **IDASH**

April 15-24 2011 (part 1)

June 17-26 (part 21)

Tuition:

\$19,000 pesos per session + GAVY Home Study Course (\$5,000 pesos)

## Playa del Carmen, México

September 5 - 27, 2011 (RYT-200 intensive)

Tuition: US\$ 2,590

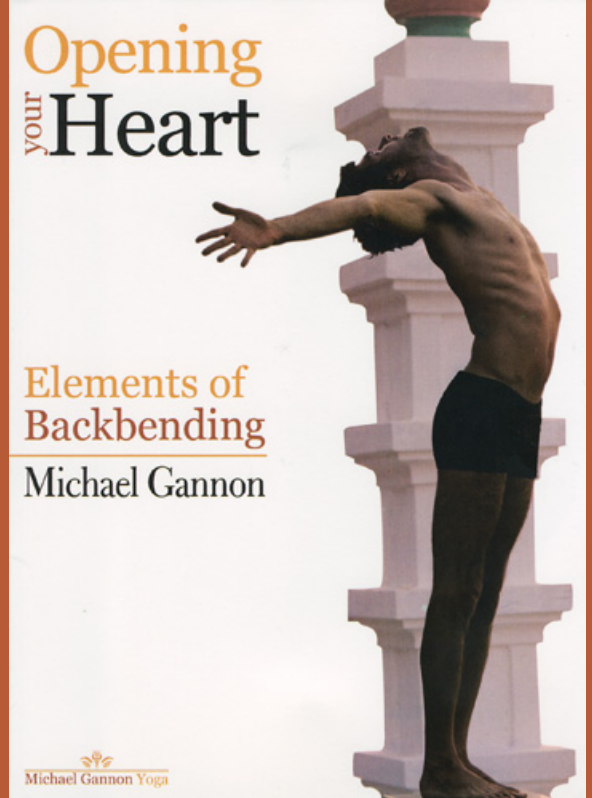
***Click Here to Book Teacher Apprenticeships***

### **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 200 teachers from 30 countries to teach yoga.

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



**Buy Now !**

Now shipped worldwide  
for only \$5.

**Join Our Mailing List!**

**Join a friend!**

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 one month long Intensive  
or two intensives, 10 day each.

## beach retreats

Beach Headstands



### PLAYA DEL CARMEN, MEXICO

Mahekal Beach Resort

#### **6th annual Spring Beach Escape**

October 2-8, 2011

Join Gannon for The Power of Prana in the Playa! His own beach when he is not traveling. Share his favorite hang outs for Food, Drink, Beach, Jungle and disconnection.

### TULUM, MEXICO

Maya Tulum

#### **2nd annual Ashtanga and Vinyasa Retreat**

October 2-8, 2011

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 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!**

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 · Yoga Dealer Collection

[MichaelGannonYoga.com](http://MichaelGannonYoga.com)

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