



MGY Issue 02
July 2009

Higher Practices

Presence is What you Got...NOW!

So WHY do we always want something that is NOT available now? Why do we long for someone from our past? Why do we wait for that person in our future? Why do we long for some things to be finished? Why are we so NOT present?

When I'm with my yoga friends, I miss my party friends. When I'm with my party friends, I wonder if I will miss my yoga practice the next morning. My social mind just can't be happy with who it is with!

When I'm in Mexico, I wish I could eat a yummy Masala Dosa from India. After a week of Masala Dosas in India, I don't eat one again for weeks. After a month of Indian food in India, I wish I had a bunch of deliciously green Hass avocados for a bowl of guacamole. Or a nice green arugula salad with fresh parmesan cheese. My culinary mind just can't be happy eating where it is!

When I was learning Primary Series, I couldn't wait to get to Second Series. Same during Second Series, wanting to get to Third Series. After Advanced Series, I just wanted to practice Primary Series. My Asana Mind

Next Workshop

GAVY Teacher Apprenticeships

Retreats

tour schedule

CHARLOTTE, NC

Y2 YOGA

Weekend + Mysore Week
July 28 - August 2, 2009

REGINA, CANADA

Yoga Mala

Weekend + Mysore Week
August 3 - 9, 2009

PUERTO RICO

It's Yoga

Weekend Workshop
August 14 - 16, 2009

ABERDEEN, SCOTLAND

The Spot

Mysore Workshop
Oct 26 - 28, 2009

TORREON, MEXICO

Weekend Workshop
October 3-4, 2009

LONDON, ENGLAND

The National Hall
The Yoga Show
October 30, 2009

can't be happy with the pose it is practicing!

When I am feeling stressed, overwhelmed or off-center, the overactive mind longs to meditate. When I am meditating, the under active mind drifts to the things it wants to be doing. My over/under active mind just can't seem to make up its.....MIND!

STOP!!!!!!!!!!!!

LIVE fully with what you've got.....**NOW**.... or **LEAVE!**

LIVE In each moment now,or **LEAVE!**

Because this is all you have. This is all any of us have. **NOTHING** that has already happened is here now. **NOTHING** that may come in the future is here now. **EVERYTHING** always happens in **THIS** moment. And it is only in this moment that we can experience it,... enjoy it, ...love it ...or hate it.

I invite you to try to truly **LIVE** this awareness. First you must acknowledge your patterns, as above. Then, you can call yourself on them when they sneak up on you.

When your friends invite you to a party and you say yes. Go to the party, dance, drink, sing, socialize and **PARTY!** And don't think about your yoga practice the next morning. Surrender to the Party Vibe. The practice will be there tomorrow... Or it wont.

When you decide to practice yoga instead of going with your friends to the beach, **DO** your practice! Don't fantasize about the beach and what you will miss. Go to the beach later or the next day....Or not.

Allow your Mind to do only one thing at a time. Allow your Body to do only one yoga pose at a time. When the Mind is active, allow it to get things done. When you are meditating, Disconnect from the Mind.

If you are at a Pizza party, be a Pizza Lover! Don't wish you were eating soup or salad.

Shanti Out,

AMSTERDAM, NETHERLANDS

Yoga Tree
Weekday Workshop
November 3 - 4, 2009

EDINBURGH, SCOTLAND

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

EAST GRINSTEAD, ENGLAND

The Yoga Sessions
Weekend Workshop
November 14 - 15, 2009

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
(Module 1)
August 24 - 28, 2009
(Module 2)
Oct 5 - 9, 2009
(Module 3)
Nov 30 - Dec 4, 2009
(Module 4)
January 25 - 29 2010

EDINBURGH, SCOTLAND

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

QUERÉTARO, MÉXICO

Todoesuno
(Module 1)
Nov 23 - 27, 2009

CANCÚN, MEXICO

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

CHARLOTTE, NC

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



Michael

RICHMOND, VA
Ashtanga Yoga Richmond
(Module 1)
May 24 - 28, 2010

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Join a friend!

Not to distract you from your 'Presence', but there are still a few spaces available (NOW) for the GAVY Teacher Apprenticeship in Playa del Carmen, Mexico, September 7 - 29.

Next Workshop

Charlotte, North Carolina

July 28 - August 2, 2009

Mysore Practice Week & Weekend Workshops

Join Michael as he helps to inaugurate one of the hottest new yoga studios in the USA -- Y2 Yoga. Opening just in time for Michael's second annual visit to Charlotte, NC. With morning mysore practice AND evening mysore practice AND weekend workshop sessions, there is no excuse to miss out.

Y2 Yoga
280 S. Sharon Amity Road
Charlotte, NC usa
704 456 YOGA
tanner@y2yoga.com



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

KOVALAM BEACH, INDIA

Hotel Peacock
Mysore Practice Intensive
February 7 - 19, 2010



GOA, INDIA

Purple Valley
Mysore Practice 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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