



MGY Issue 01  
June 2009

## Higher Practices

### *Non-Judgement*

As human beings, our nature is to be judgmental. One of my favorite teachers, Byron Katie said, "Welcome to planet Earth. You come, you judge!" It's just simply what we do. ALL of us. We might consider ourselves as being NOT a judgmental person, but we are. Just maybe some of us are more judgmental than others.

We judge the weather, the traffic, the media, food, family, friends, teachers, ideas, and more. That yoga class is too slow. That studio is too expensive. He should eat more. She should eat less. This place is dirty. Yogis should be vegetarians. That child behaves like a wild beast. That couple never fights. You are killing yourself with those cigarettes. Americans are arrogant. Those guys are terrorists. You need to meditate more. My partner should not be attracted to other men/women. Fasting is dangerous. Fasting is good for you. She is a very honest person. And on and on it goes.

Today, I invite you to the Higher Practice of non-judgment. Strive to be aware of each time a judgment comes out of your mouth. Or better yet, BEFORE it comes out of your mouth. Just bringing your attention to it may make a difference.

### Next Workshop

#### GAVY Teacher Apprenticeships

### Retreats

## tour schedule

### **MEXICO CITY, MEXICO**

Centro Kai  
Intensive + Mysore week  
June 29 - July 4, 2009

### **PLAYA DEL CARMEN, MÉXICO**

Ananda Yoga  
Weekend Workshop  
July 11-12, 2009

### **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

And when the judgments come out (and they WILL come out) use a little word immediately following it, to create a conscious marker of it. Maybe you say out loud the word *JUDGEMENT, NOT TRUE, SCRATCH* or *ERASE*.

Based on the subtle examples I have listed above, you can see that it will not be easy. So, try to stay aware and do the best you can.

In this way, you may begin to reprogram the mind to having less judgment. Can less judgment mean more acceptance? Can more acceptance mean more compassion? Can more compassion mean more love? Love is good, right!...*JUDGEMENT!*



*Mano*

## Next Workshop

**Mexico City, Mexico**  
June 29 - July 4, 2009

### Asana Pranayama Dhyana - Postures, Breath and Meditation

A 4 hour workshop each day for 5 days, covering the 3 practical limbs of Ashtanga -- Postures, Breath and Meditation. We start with pre-asana pranayama. This stokes our agni (internal fire), charges the body with prana and scrubs the mind calm. We are then ready for a full guided asana practice. Finishing with a deep guided relaxation. After a short break, we continue with Q&A, additional pranayama and guided meditation.

Centro Kiai  
[info@centrokiai.com](mailto:info@centrokiai.com)  
5596.8553/23

Mysore Workshop  
Oct 26 - 28, 2009

**LONDON, ENGLAND**  
The National Hall  
The Yoga Show  
October 30 - Nov 1, 2009

**AMSTERDAM,  
NETHERLANDS**  
Yoga Tree  
Weekday Workshop  
November 3 - 4, 2009

**EDINBURGH, SCOTLAND**  
Union Yoga  
Weekend + Mysore Week  
November 6 - 13, 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

## 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)  
April 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)



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

### CHARLOTTE, NC

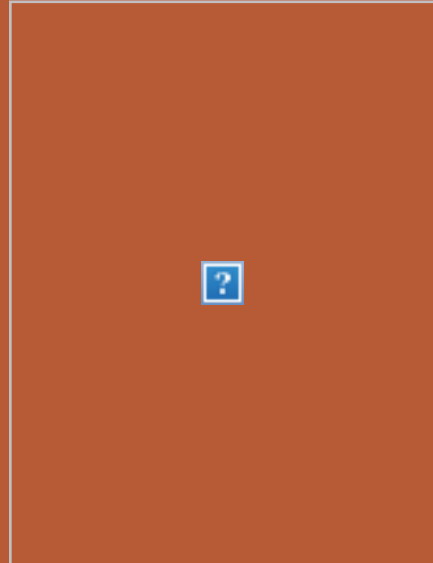
#### Y2 YOGA

(Module 1)  
April 25 - 29, 2010

### RICHMOND, VA

#### Ashtanga Yoga Richmond

(Module 1)  
May 24 - 28, 2010



If you are in Mexico, pick up this months issue of *balance* magazine and Check out the Killer photo shoot and interview with Michael !

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