



gannon

ASHTANGA VINYASA YOGA

[\(GAVY TA Promo/web/brocure Copy\)](#)

The philosophy at Gannon Ashtanga Vinyasa Yoga (GAVY) is simple. Based on the idea of GAVY founder, Michael Gannon, *'Yoga can be practiced by EVERYBODY. Therefore we must learn to teach it to ANYBODY!'* 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 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.

GAVY 200 Teacher Apprenticeship (Registered Yoga Teacher at 200 hour level)

The GAVY 200 is foundational training for serious practitioners and aspiring teachers, based on the traditional form of Ashtanga Vinyasa Yoga. The way that GAVY founder, Michael Gannon, learned it during 10 years of visits to India, training with the living Guru, Sri. K. Pattabhi Jois. BUT, we take a giant step forward, making this system digestible for the western mind. This GAVY 200 Teacher Apprenticeship foundation program has graduated over 150 teachers from 30 countries to teach yoga.

At GAVY we know that time on the mat is what develops a foundation to effectively share the magic of yoga. And the Ashtanga Vinyasa system is the ideal tool to start developing this deep practical experience. GAVY demonstrates how this is the original Vinyasa system that the yoga world has used to derive so many now popular flowing styles of yoga.

We use this pure, ancient and proven system to nurture the practice skills necessary to then develop teaching skills. It is being grounded in this structured system first, that allows Apprentices to then find their creative teacher inside as they grow toward becoming a yoga teacher. *(see insert for details on Module content)*

GAVY Home Study Course

All programs require/include the GAVY Home Study Course. This is a 6-week course consisting of :

- Study Guide
- *Awaken Your Life Force and Quiet Your Mind* (Michael's CD)
- *Primary Series Poster*
- Weekly audio files with Michael teaching the basic theory, philosophy and meditations.
 - 8 Limbs of Yoga (Sanskrit and English)
 - Sanskrit (asana names, mantras, numbers, etc..)
 - Dristis, Bandhas, Vinyasa

- Pranayama
- Energetic Anatomy

Apprentices must be grounded in all material BEFORE coming to the programs first module. There are regular proficiency exams (verbal, written & practical) on this material throughout the Apprenticeship. The Home Study Course should start at least 6-weeks before the first module. Many students choose to start the Home Study course earlier, giving them more time to prepare and go deeper.

The GAVY 200 is offered in 3 program formats. All formats cover the same content and hours (*see insert for details on Module content*)

Month Long Intensive -- 23 days straight. 8 hours per day. Drop your life for. 100% focus! Go deep!

4-Module Program -- 4 modules of 5-day intensives, 9 hours per day. Spread out over 4 or more months giving you time to digest the teachings and the intensity.

10-Weekend Program – Ten weekends, one per month, 18 hours each. Take almost a year to absorb your Apprenticeship slowly, slowly.

All GAVY 200 are pre-approved worldwide at the RYT-200 level by *Yoga Alliance* and *Yoga Alliance UK*. Apprentices completing the GAVY 200 will receive a certificate and letter of completion that they may use to register with *Yoga Alliance* and *Yoga Alliance UK* at the RYT-200 level and share with prospective employers. This also qualifies Apprentices to apply for the GAVY 300 Advanced Yogi Studies.

GAVY Teacher Apprenticeship Alumni benefits:

- May be invited to assist Michael at workshops, retreats and Teacher Apprenticeships worldwide
- May assist and teach at other GAVY affiliate schools worldwide
- High discount wholesale prices on all Michael Gannon Yoga products to carry at your yoga studio/community
- Discounts on future GAVY retreats and workshops
- Listed on GAVY websites as a recognized yoga teacher
- Pre-qualified to be listed as an RYT with *Yoga Alliance* and *Yoga Alliance UK*

GAVY 300 Advanced Yogi Studies (300 hours graduate level??)

Upon completion of the GAVY 200 Teacher Apprenticeship foundation course, apprentices are eligible to continue their studies to the RYT500 level. It is in the GAVY 300 that we build on the foundation created in the GAVY 200 Teacher Apprenticeship.

It starts by going deeper into the traditional Ashtanga Vinyasa System's 2nd Series. Growing beyond tradition, more contemporary, creative, freestyle forms of Vinyasa Yoga are explored. Then teaching apprentices to make the ideal combination of their traditional foundation and their creative Self-expression as a teacher. This leads to more advanced techniques of purifying the body and calming the mind, advanced practices of pranayama and meditation. All combined with powerful off the mat techniques, converting apprentices into full life transformation teacher.

The GAVY 300 Advanced Yogi Studies is made up of 3 individual modules (5, 6, & 7) of 100 hours each. They may be offered in 10-day intensives or two individual 5-day intensives.

Module 5 -- Remaining Ashtanga Primary Series, Part of Ashtanga 2nd Series, Full Vinyasa Practice, Business Savvy Yogi, Ayurveda Course

Module 6 --Ashtanga Improv Vinyasa, Ashtanga Fractal Vinyasa, Elements of Backbending, Cleansing, Detoxing and Fasting, Kriyas, 1-3 day juice fast, - Temezcal Tapas, Advanced anatomy.

Module 7 – Freestyle Vinyasa Training, Elements of Padmasana, Advanced Pranayama, Advanced meditation, Insight (Vipassana) Meditation, One-day silent meditation retreat , How to teach basic pranayama , *The Work (Loving What Is)*, ...

Final Project

Create your own project/concept/program to show your yogi skills....
.....Create your own integrated sequence including pranayama, philosophy, meditation, etc and teach group.

Home Study - Advanced Yogi Studies

Paul Lowe, Byran Katie, Eckart Tolle audio readings, advanced pranayamas, meditations, asanas Sanskrit for new sequences –2nd series, Elements of Backbending/Padmasana, full vinyasa, etc... Vipasana details, fasting master clenser, the WORK worksheet, juice fasting, ayurveda content,

Advanced Yoga Anatomy Course

DK advanced content...

All modules contain in depth training on personal practice, extensive clinic of Hands on Adjustment Techniques, Verbal Guiding/Teaching, Partner Work & Teaching Simulations, Svadyaya (study of the SELF) and proficiency exam (verbal, written & practical)

Philosophical aspects of yoga will be mixed into the context of each module as specific questions arise.

The GAVY 300 is also open to trainees that have completed a 200-hour training outside of GAVY through an application process and possibly a bridge program.

These programs are also pre-approved worldwide by *Yoga Alliance* and *Yoga Alliance UK*. Apprentices completing the GAVY 300 will receive a certificate and letter of completion that they may use to register with *Yoga Alliance* and *Yoga Alliance UK* at the RYT-500 level and share with prospective employers.

First dates for RYT300/RYT500 level Teacher Apprenticeships will be scheduled for 2010.

***Yoga Alliance* and *Yoga Alliance UK* Accredited**

Yoga Alliance, based in the USA, is the world's largest governing body of yoga teacher worldwide. They are also the international authority on accrediting yoga teacher trainers. *Yoga Alliance UK*, based in Scotland, does the exact same thing, but focuses on the United Kingdom and European markets. They are not affiliated with *Yoga Alliance* in the USA

All of the GAVY Teacher Apprenticeship programs are pre-approved worldwide by both of these governing bodies. This means that upon completion of a GAVY Teacher Apprenticeship, graduates are automatically eligible to become an RYT200 or RYT500 recognized teacher with these organizations. This entitles them to use the RYT200/RYT500 credential along with their name while teaching. This is becoming more and more necessary as the demand for qualified yoga teachers continues to grow at unprecedented rates.

GAVY 200 Teacher Apprenticeship Content

Modules are recommended to be taken in order, but it is not required. If trainees miss a module in one city, they may have an opportunity to make it up in another city at another time.

Module 1: Ashtanga Made Simple -- Strength and Balance

- Ashtanga Made Simple (*lecture*)
- It's all about the Breath! (*lecture*)
- Open Lecture/discussion of the 8 Limbs of Yoga (*lecture*)
- Surya Namaskara A & B
- Tristana: Breath/Vinyasa, Bandhas & Dristi
- Class Organization y Observation
- Mysore Puzzle
- The 6 Fundamental Standing Asana
- 2 Standing Forward Bends
- 4 Jumps to the Right
- 2 Balancing Poses
- Finishing Sequence #1: Final Seated Sequence
- Creating your Personal Practice Space
- History of Yoga/Ashtanga (*lecture*)
- Approximations vs Variations (*lecture*)
- Yogi Veggie Diet/s (*lecture*)
- Proficiency Exam (*verbal, written & practical*)

Module 2: Connecting to the Earth

- 2 Standing Flowing Poses
- Standing to Flying Techniques
- Seated asana sequence breakdown
- 2 Straight Legged Seated Forward Bends
- 2 Bent Knee Seated Forward Bends
- 3 Janu Shirasananas Forward Bends
- Activating your Core: jump thru, jump back
- Repetition is the Mother of Perfection
- Finishing sequence #2
- Teaching Circles
- Inversions and Agni
- Nauli Kriya
- Proficiency exam (*verbal, written & practical*)

Module 3: Energy and Core Development

- Seated Asana Sequence Breakdown Part 2 (upto Backbends)
- 2 Marichyasana Seated Forward Bends
- 2 Marichyasana Seated Twists
- Navasana
- Keys to Gateway Poses
- Legs Behind the Head Preparation
- Bujapidasana
- Kurmasanas
- Temezcal Tapas
- Teacher Assisting
- Asana Demos Experience
- Energetic Anatomy: Chakras and Energy fields
- Pranayama Lecture & Practice
- Proficiency exam (*verbal, written & practical*)

Module 4: Breath, Patience and Flexibility

- Garbha Pindasana & Kukutasana
- The Konasana Sisters
- The Padangusthasana Brothers
- Chakrasana Techniques
- Magic of Bandhas
- The Correct Vinyasa
- Mysore Style Self Practice
- Yoga Nidra
- Giving good Savasana
- Full Finishing Sequence #3
- Moving into Meditation
- Teach What You Master
- Proficiency exam (*verbal, written & practical*)

Yoga Anatomy Module (weekend)

- Joint classification & components
- Connective tissue forms and purpose
- Muscular, skeletal & nervous system overview
- Exploring the leg
- The knee and lotus
- Pelvis and hip joint
- Psoas and Spine
- Discs, their functions and dysfunctions

- Movement of the clavicle, scapula and humerus
- Diaphragm anatomy and function
- The psoas and breathing

All modules also contain in depth training on personal practice, extensive clinics of Hands on Adjustment Techniques, Verbal Guiding/Teaching, Partner Work & Teaching Simulations, Svadyaya (study of the SELF) and proficiency exam (verbal, written & practical)
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 - Sanskrit (asana names, mantras, numbers, etc..)
 - Dristis, Bandhas, Vinyasa
 - Asana Benefits
 - Guided meditations
 - Pranayama
 - Energetic Anatomy

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