



GAVY 200 Teacher Training Home-study course

One of the main intentions of this pre-study course is to bring all trainees to the same place in the yoga theory, pranayama and meditation, before we are all together. This way we can make the most of our time together without being overwhelmed mentally with all the new terminology. So PLEASE, learn and live this information BEFORE we come together. We will move fluidly and deeply during the time we will be together. You will be tested each week, both verbally and written on all this material.

The required Book + study support materials:

- Ashtanga Yoga Made Simple – A Practice For All Levels, by Michel Gannon (book)
- Awaken Your Life Force and Quiet your Mind by Michael Gannon (via iTunes)
- Primary Series Poster by Michael Gannon (Large Size)

During your one-month pre-study course, you should incorporate the following yogic observances into your daily lifestyle, starting NOW...through the end of our course. You may choose to continue some of these lifestyle adjustments long after the training is finished.

- 1- No intoxicants – cigarettes, alcohol, marijuana, cocaine, crack, heroine, etc. If none of these intoxicants are part of your intake, you may go deeper with things like refined sugar, caffeine, white flour, processed foods, garlic, onions, spicy foods, etc.
- 2- Be Here! Try to practice a general state of PRESENCE. Always! When you walk, when you wash your hands, on the bus... Stay in the NOW as often as you can. And consciously realize when you are not.
- 3- Don't eat animals – That means vegetarian...no fish! If you feel you need to have dairy and egg products that is ok.

Below is the yoga theory you need to master before we come together for the training. It is broken down in the order that you should learn it. This is roughly the same order we will cover these things on a practical level when we are together. So, for each week, you need to master the content that is listed. Some of you may already be familiar with much of this material. Some of you will be unfamiliar with much of it. You need to be honest to yourself and work on your own (or with other yogi support in your community) as hard as is necessary to truly absorb this information.

The first week we are together, each of you will be required to share this information – both written and verbal!

I will provide you with some audio files (mp3) via e-mail, giving you the correct pronunciation of mantras, asana names, etc...Some of the lectures and meditations will be provided by audio files via email also. If you are not email savvy to receive these things, you need to find someone who can download them for you.

Week 1

Opening Invocation- Written and chanted

8 limbs of Ashtanga Yoga – Sanskrit and English, written and verbal

Standing sequence asana– Sanskrit and English, written and verbal

Practical:

Daily practice of sama vritti practice track (CD)

Daily asana practice (primary series) according to your regular practice level to date.

Daily meditation practice with the *Observing the Breath* meditation audio file.

Week 2

Seated sequence asanas up to Navasana; Finishing sequence - Sanskrit and English, written and verbal

Sanskrit numbers 1-17, written and verbal

Dristis – Written and verbal, Sanskrit and English locations

Practical:

Daily practice of sama vritti practice track PLUS 1st Pranayama practice track.D

Daily asana practice (primary series) according to your regular practice level to date.

Daily meditation practice with the *Observing Sensations* meditation audio file.

Choose one yama or niyama to make your focus for the week. Try to truly live it in your daily life – at home, at work, on the train, in the street.

Choose a Tapas practice for the duration of the course. This can be some form of austere practice, sacrifice or observation that is very challenging for you.

Week 3

Remaining asanas in Primary series - Sanskrit and English, written and verbal

Mangala Mantra – written and chanted

Bandhas theory

Pranayama theory

Practical:

Daily practice of sama vritti practice track, 1st Pranayama practice track, PLUS 2nd pranayama practice track.

Daily asana practice (primary series) according to your regular practice level to date.

Daily meditation practice with *Observing Sensations* and *Observing Sensations 2* meditation audio files.

Choose a different yama or niyama to make your focus for the week. Try to truly live it in your daily life – at home, at work, on the train, in the street.

Week 4

Energetic anatomy – written and verbal

Practical: daily practice of sama vritti practice track, 1st Pranayama practice track, 2nd pranayama practice track PLUS Combo practice track (IF YOU ARE READY).

Daily meditation practice with the *Chakra Meditation* audio file

Daily asana practice (primary series) according to your regular practice level to date.

Choose yet another different yama or niyama to make your focus for the week. Try to truly live it in your daily life – at home, at work, on the train, in the street.