



The philosophy of *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 Trainings 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 450 teachers from 40 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 Ashtanga Foundation Certification Teacher Training (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 late Guru, Sri. K. Pattabhi Jois. BUT, we take a giant step forward,

making this system digestible for the western mind. This GAVY 200 Ashtanga Foundation Certification program has graduated over 450 teachers from 40 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 trainees to then find their creative teacher inside as they grow toward becoming a yoga teacher.

GAVY Home Study Course

All programs require/include the GAVY Home Study Course. This is a 6-weeks, online 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
 - Asana Benefits
 - Guided meditations
 - 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 Teacher Training. 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 currently offered in a month long intensive format. This is 23 days straight. 8+ hours per day. Drop your life for 100% focus! Go deep!

The GAVY Teacher Trainings 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 programs. So that they may qualify at the RYT-500 level.

GAVY Teacher Training 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*

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GAVY 200 Ashtanga Foundation Certification Teacher Training Content

The complete content of the GAVY 200 is broken down below in Modules. If trainees miss part of a module in one city, they may have an opportunity to make it up in another city at another time. This is only possible with approval by GAVY 200 director, Michael Gannon.

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 Shirshasanas 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
- Tamezcal 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
- Integrating psoas into your practice
- Exploring the shoulder girdle, rotator cuff
- 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)
Philosophical aspects of yoga will be mixed into the context of each module as specific questions arise.

GAVY Home Study Course (6-week)

- 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)
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What is *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.