



ASHTANGA YOGA PARIS

Academy

## ONLINE 200 Hour Teacher Training

Self-Development & Deepening Your Personal Practice



We have developed a special program for those interested in becoming yoga teachers or deepening their personal interest and knowledge of Ashtanga Vinyasa Yoga. Gérald Disse and Linda Munro are honored to have been offering this program since 2008, in support of guiding yoga practitioners to cultivate their inner growth and self-development through a committed practice and self-reflection and then using this inner guide to share their knowledge with others. There have been hundreds of trainees who have graduated from this teacher training and are now fulfilling their dream of sharing yoga, either as independent teachers, within their own schools of yoga or at AYP.

All the teachers at AYP in Paris have completed the program!

We go over every asana in the primary series in strict detail: discovering the basic movements which are universal alignment techniques one can apply to all the Ashtanga series, exploring different ways to modify each position with and without props, learning the contraindications for each asana and alternatives to achieve a similar outcome, how to do hands-on adjustments and especially exploring the anatomical understanding to keep each yoga student safe in the poses to encourage a life time practice.

In addition, every morning we do a kriya and pranayama practice. These are highly effective and deep practices that must be taught correctly and safely. They appear subtle however, their subtleness is deceiving therefore, we teach and practice them with intelligence and awareness.

Lastly, as the 'real' yoga is beyond the physical aspect there is a great emphasis put on yogic philosophy and daily living to ensure that we all remember to put in that "1% theory" and apply it to all aspects of our lives, on and off the yoga mat and meditation cushion!



La certification qualité a été délivrée à Ashtanga Yoga Paris  
au titre de la catégorie d'action suivante :  
**ACTIONS DE FORMATION**



# How the online version works

Start at any time & you have 2 years to complete



You will have 2 years access to the on-line videos of all the topics we cover during the in person intensive: an amazing tool to go back to again and again! Furthermore with each video there is a transcript, a translation into French and a notes page that indicates any readings needed, links to related topics, worksheets and home work assignments (in addition to the regular teacher training manual).

There are two options for registration:

1. In this option we will review and evaluate your homework assignments (this option includes 5 hours of private lessons with either Gerald or Linda)
2. In this option you have access to the videos and all the homework lessons but you do not submit them to us for review.

This online intensive training will offer a comprehensive overview of Ashtanga Yoga in a concise, interesting and intelligent format.

The training is recognised internationally as continuing education hours through Yoga Alliance (meaning you have to already be registered with YA). The 200+ hours are based on the Ashtanga Vinyasa Primary series, which gives a solid base to any dynamic asana practice since most forms of contemporary flowing yoga styles, have evolved out of Ashtanga.

The course includes:

AYP Teaching Manual

Two years access to online training videos

You will also need:

4 books (which we'll give you the names of when you register)

Yoga Mat & some props

The course format:

\*25 Units of more than 80 hours of video footage

\*More than 15 hours of bonus video footage

\*At least 80 hours of self-practice (some of which we ask you to film)

\*At least 50 hours of teaching

(you will need to find at least one practice student and we will ask you to do some filming & reports)

\*At least 30 hours of reading, written assignments & tests

\*For registration Option 1 we will have 5 hours of online private lessons (online or if feasible in one of their yoga school locations)

# Linda Munro



Linda took her first yoga class in 1995 in Toronto, Canada with Ron Reid. But a couple of months later she was in a fairly serious car accident and had to have physical therapy. This is when she decided to use the yoga as a way to compliment the therapy. Soon after she realized that the yoga would be a life time practice. A practice of asana, pranayama and meditation but also a practice of being truthful, a practice of being kind, a practice of being fearless, peaceful and happy. She believes that the practice of "yoga" is continuous; the practice does not stop when you roll up the yoga mat. The practice of yoga includes the way you live your life, the way you relate to your family, friends, co-workers and to the strangers on the street. This is the lifelong practice of developing yogic awareness. In 1997, she moved to New York City with her work in the fashion business while continuing a daily ashtanga practice studying under Eddie Stern. The year 2000 brought her to Paris, France. After thirteen years in the world of fashion she decided it was the time to move fully into the direction she had been moving since her first yoga class. She felt a strong desire to sincerely give to others what her teachers have given to her; so, in 2002 she started teaching yoga as her own study and practice continued. Gerald and Linda opened Ashtanga Paris in February 2004.

She studied yogic scriptures and philosophy, having completed a 250-hour study program of Patanjali's Yoga Sutra and a 120-hour course on the Bhagavad Gita under the supervision of Georg Feuerstein. Then she was one of his 10 mentoring students until he passed away in 2012. Linda is also a student of Sri O.P. Tiwari and is certified by him to teach pranayama. As well she has completed the anatomy for yoga training with Leslie Kaminoff and is a junior yoga anatomy trainer. Not to mention she has studied with the late guru of Ashtanga Yoga, Sri K. Pattabhi Jois in Mysore, India and NYC. Linda is registered as an experienced registered yoga Alliance Teacher and continuing education trainer.

# Gérald Disse



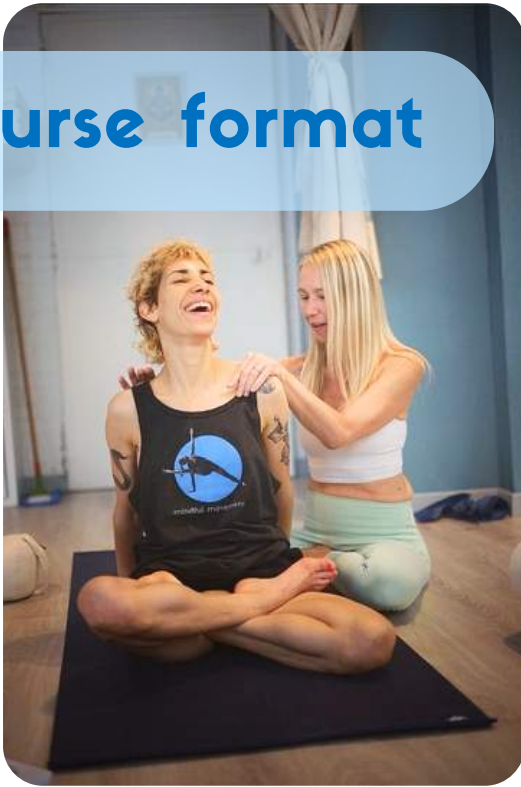
Gérald has been practicing yoga since 1989 and teaching since 1996. He discovered Ashtanga Vinyasa Yoga in 1991 with Sri K Pattabhi Jois in Mysore, India. He spent 8 years traveling to Mysore spending 4 - 6 months per visit to learn more of the system, then going off to some other exotic location to practice daily what Guruji had taught him. Gérald was taught up to the third series and was one of the first French students to have been personally authorized to teach by Sri K Pattabhi Jois. As he had learned directly from the Guru at a time when there were not so many yoga students in Mysore, he started to give workshops around the world. He gave Ashtanga workshops in Australia, New Zealand, and around the USA and Europe.

In addition to his Ashtanga practice, Gérald continues to cultivate a meditation practice in the tradition of Kriya Yoga. He has a daily pranayama practice and has been certified to teach kriya and pranayama by his teacher, Sri O.P. Tiwari.

During his travels he visited Auroville, an international spiritual community in Tamil Nadu, South India. He related with the place immediately. It was a way for him to remain connected to the spirituality of India and also still have connection to the west, so he decided to build a house and a yoga shala and become a part of the Auroville community. Gerald spent 5 years there teaching daily Ashtanga Mysore style classes in between his workshops around the world; until 2004 when he decided, after being away for 17 years, to move back to France. Gérald is now settled in Paris where he has founded a beautiful community of yoga with Linda and their children.

Gérald is an Experienced Registered Yoga Alliance teacher.

## Course format



While beginning the Video Classes you will be asked to do the same home-study program we require of the in-person trainees. Normally we suggest taking 3 months to do this work at a steady rate.

There are 25 UNITS of study. Each Unit consists of roughly 3 - 5 hours of video however, there are several times where we ask you to pause the video and do the practice explained in the video therefore it will take longer than that to go through each Unit.

In addition, you are required to keep a near daily practice, of which we ask you to keep a journal of and at times we will require you to take a short film of yourself, so that we can review your competence if you are registered for Option 1.

You will need to have at least one 'practice student' so that you can directly practice what you learn. Again, for those registered in Option 1 we will ask you to submit some reports and short films.

Throughout the Units there will be extra readings, links to discover, projects and assignments to complete and submit (for Option 1 trainees).

Near the end of the training there are several tests to insure you have absorbed the information.

And finally, once you have completed all 25 Units it will be time to bring it all together: we will ask you to start teaching regularly to a small group (then Option 1 trainees will be required to submit a journal and some film). Plus, there are 2 Final Essays!

Sounds like a lot but if you space it out and work steadily for about 4 hours a week in addition to your daily 1.5 - 2-hour practice, it should take about 1 year to finish. Luckily you have the freedom to spend more or less hours than that depending on your personal situation, shortening the time to a minimum of 6 months or lengthening it out to a maximum of 2 years.

## Topics



### Intensive study topics

Deepening your Personal Asana Practice  
Kriya & Pranayama: Developing a Daily Practice  
Foundations: Bandha, Drishti, Ujjayi, Prāna  
Ashtanga Specific Alignment  
Intro to Anatomy for Yoga  
Mysore Style Adjustments for Primary Series  
Teaching Beginners and Led Primary Series and Vinyasa  
Teaching Methodology  
Personalizing Practices for Specific Student Needs  
Modifications, Variations, Props  
Contra-indications of each Asana  
Practice Intelligent and Effective Teaching  
History of Ashtanga Yoga  
Yoga Philosophy: Sutras of Patanjali  
The Subtle Body: Chakra System  
Living a Yogic Lifestyle  
Mantra

### Home-Study topics

Self-Inspection Journaling  
History of Yoga  
Yoga Sutras of Patanjali  
Philosophy and Principles of Yoga  
Anatomy for Yoga  
Written Essays

# Freedom

## Titles of the videos by unit

### UNIT 1:

Introduction to the Asato Ma Mantra  
What is Yoga?  
Tapas, Svadhyaya and Ishvara Pranidhana  
The Anatomy of the Breath  
Getting to Know Our Breath  
Mula & Uddiyana Bandhas  
Ujjayi Breathing Technique  
Samasthithi

### UNIT 2:

Some Fundamentals of Ashtanga: Drishti, Vinyasa & the Six Series  
The History of Ashtanga Yoga  
The Meaning of the Ashtanga Opening & Closing Mantras  
First Movement of the Sun Salutation  
Downward Facing ~ Dog Pose Urdhva Mukha Svanasana - part 1  
Downward Facing - part 2

### UNIT 3:

Being a Yoga Teacher  
Communicating with Hands-On Adjustments - part 1  
Communication - part 2  
Uncovering the Challenges of Chaturanga Dandasana - part 1  
Chaturanga Dandasana - part 2  
The Dynamics of Urdhva Mukha Svanasana ~ Upward Facing Dog

### UNIT 4:

Patanjali's Yoga Sutra ~ "Yogas chitta vrittis nirodhah." Plus Abhyasa & Vairagya  
Fine Tuning Upward Facing Dog ~ The Neck, The Wrists, Transitioning from Chaturanga & more...  
Vinyasa's of Surya Namaskara A ~ First Teaching Experience  
The Fierce Utkatasana  
Virabhadrasana A ~ Spiritual Warrior  
Releasing the Muscles after Strengthening Work

### UNIT 5:

The Sacred Ommmm and the Universe  
Group Chant of Om  
Doing Ashtanga during Menstruation  
Learning to Jump Back from Standing for Beginners  
Beginning to Vocalize the Sun Salutations  
Parsvottanasana  
Parivritta Trikonasana

UNIT 6:

Agni Sara, Kapalabhati, Ujjayi & Nadi Shodhana  
Opening Mantra

Why Study Anatomy & an Introduction to the Skeletal System and the Spinal Column  
Parivritta Parsvakonasana  
Dandasana & Paschimottanasana

UNIT 7:

The Shat Kriyas  
Pranayama Explained  
Bonus Forward Bending Adjustments & Preps  
Padangusthasana & Padahasthasana

UNIT 8:

A Short Story of Connective Tissue, Joints & Muscles plus conversations on intentions in practice  
The Abdomen  
Strengthening the Abdomen  
Trikonasana ~ The Triangle  
Parsvakonasana

UNIT 9:

Sheeta Li (or Shitkari) & Brahmari  
Led Primary Class up until Marichyasana A  
Getting to Know Our Body ~ Postural Analysis  
Virabhadrasana B ~ Warriors  
Supta Padangusthasana & Chakrasana

UNIT 10:

Utthita Hasta Padangusthasana  
Legs in Lotus  
Strengthening the Adductors for Wide Legged Forward Bending

UNIT 11:

Reviewing Your Yoga Knowledge  
Janu Sirsasana A - part 1  
Purvottanasana  
Upavistha Konasana  
Prasarita Padottanasana A, B, C & D

UNIT 12:

The Psoas Muscle  
The Pelvis & Hip Joints  
Janu Sirsasana A - part 2  
Baddha Konasana

UNIT 13:

Led Primary Class up until Supta Padangusthasana  
More about Muscles ~ In the Pelvis & Legs  
Janu Sirsasana B  
Janu Sirsasana C  
Trianga Mukhaikapada Paschimottanasana  
Marichyasana A  
Marichyasana B  
Marichyasana C



UNIT 14:

Asato Ma Mantra  
The Hamstrings & Test Your Anatomy  
Awakening the Hips  
Bhujapidasana Technique - part 1  
Bhujapidasana - part 2 with the Jump Back Transition  
Kurmasana Technique  
Supta Kurmasana  
Navasana ~ The Boat Pose  
Marichyasana D  
Relaxing the Back Muscles

UNIT 15:

The Knee Joint  
Garbha Pindasana  
Ubhaya Padangusthasana & Urdhva Mukha Paschimottanasana  
Matsyasana  
Uttana Padasana  
Setu Bandhasana  
Urdhva Dhanurasana - part 1  
Practicum & Test Explication for In-Person Training  
Neck Release Sequence

UNIT 16:

Anatomy of the Back and the Pectoral Muscles  
Preparing for Back Bending  
Urdhva Dhanurasana - part 2  
Lengthening the Back after Deep Back Bending  
Salamba Sarvangasana ~ aka Shoulderstand  
The Finishing Sequence from Salamba Sarvangasana until Pindasana

UNIT 17:

The Anatomy of the Shoulder Girdle and Arms  
Sirsasana ~ aka Headstand  
The Very Last Five Seated Finishing Poses  
Savasana  
Blanket Folding Asana  
Practicum Explication

UNIT 18:

Full Led Primary Series  
Primary Series Asana Names in Sanskrit  
Introduction to the Subtle World of the Chakras  
Muladhara Chakra ~ 1st  
Vinyasa Sequence to Strengthen and Warm the Body  
Drop Backs  
Adho Mukha Vrksasana ~ aka Handstand  
Relaxing Wrists, Upper Back and Arms  
Finding Your Teaching Voice

UNIT 19:

Swadhisthana Chakra ~ 2nd  
Manipura Chakra ~ 3rd  
Anahata Chakra ~ 4th  
Asana Quiz

UNIT 20:

Trainees Teaching!  
Feedback From the 1st Practicum  
Vishuddhi Chakra ~ 5th  
Ajna Chakra ~ 6th  
Sahasrara Chakra ~ 7th

UNIT 21:

More Trainees Teaching!  
Feedback From the 2nd Practicum  
Beginner's Mind  
Teaching the Beginner of Ashtanga Yoga

UNIT 22:

Feedback From the 3rd Practicum  
Yoga Sutras of Patanjali ~ The Obstacles to Clarity  
Yoga Sutras of Patanjali ~ The Five Kleshas  
Yoga Sutras ~ The Yamas - part 1  
Gentle Vinyasa Class  
Ideas of how to Tailor a Class for a Specific Group or Person

UNIT 23:

Yoga Sutras ~ The Yamas - part 2  
Yoga Sutras ~ The Niyamas  
Yoga Sutras of Patanjali ~ Asana ~ Pranayama  
Yoga Sutras of Patanjali ~ Pratyahara  
The Powers of Yoga

UNIT 24:

Private Lesson for a Fragile Back  
Private Lesson for Sensitive Knees  
Private Lesson for a Beginner  
Trainees Teaching a Vinyasa Class  
Feedback for the Designing Personal Classes Project

UNIT 25:

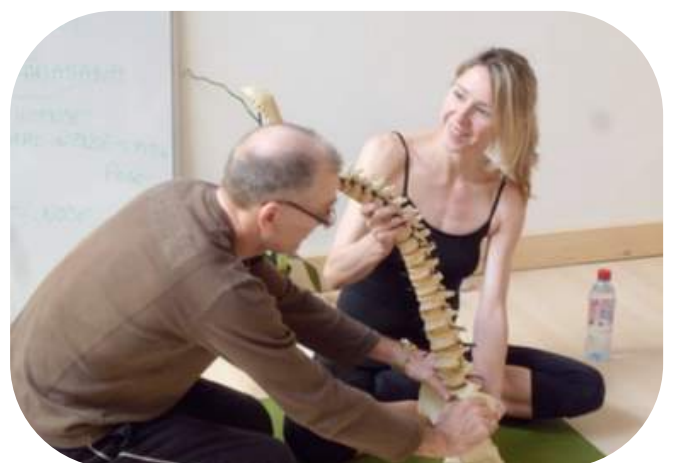
Feedback from Back & Knee Issues Practicums  
Am I Ready to Teach? And Being a Yoga Teacher  
Patanjali's Yoga Homework from Georg Feuerstein's Manual  
History of Yoga Homework from Feuerstein

\*Note: there are 6 bonus units after this.



## Sneak peak at stills from the videos

You'll have unlimited access to over 95 hours of online videos!



# Transcripts & notes

Re-read in DL  
↳ chapter 39  
↳ page 86

## Review

- ↳ Fundamentals of Ashtanga
- ↳ Breathing
- ↳ Adjusting
- ↳ Abhyasa + Vairagya
- ↳ Spine
- ↳ Why, What, Why Yoga H.W.



## Sneak peak at notes & transcripts

The videos are accompanied by a transcript in English and French plus a notes page for any additional information needed on the topic discussed in the video.



Ashtanga Yoga Paris

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On-Line

Ashtanga Vinyasa Yoga Intensive Teacher Training  
Self-Development & Deepening Your Personal Practice

*Uncovering the Challenges of Chaturanga Dandasana part 1*

UNIT 3 – Class 3.3 part 1

Notes

*A deep exploration from the very first step of Chaturanga all the way to the final version to eventually be able to do it safely and strongly.  
Une profonde exploration de la première étape de Chaturanga jusqu'à la version finale pour nous permettre de réaliser cette posture avec la force  
nécessaire et en toute sécurité.*

English	Français
Before or While Watching this video:	En regardant cette vidéo :
Have your mat ready to do some exercises.	Préparez votre tapis de yoga pour effectuer des exercices.
First exercise: Finding a neutral spine and pelvis while on all 4's.	Premier exercice : Trouver une colonne vertébrale et un bassin neutre en étant sur 4 pattes.
Second exercise: Plank pose with the heels up the wall.	Deuxième exercice : La position de la planche avec les talons contre le mur.
Third exercise: Arms in V forms to feel serratus anterior muscles.	Troisième exercice : Les bras en forme de V pour ressentir les



ASANAS  
Asana technique and adjusting

Unit 12

⌚ time:  
27:49

## 12-4 Baddha Konasana

Bound Angle Pose ~ Baddha Konasana ~ is a classic pose that requires mobile hip joints. In the video we cover ways to lengthen the inner lines of the legs to eventually go deeper into the pose.



ASANAS  
Asana technique and adjusting

Unit 14

⌚ time:  
32:16

## 14-6 Kurmasana Technique

Breaking down this pose to find ways to work where you are at and questioning how much 'modification' of poses is reasonable.



## Ashtanga Yoga Paris

Academy



*On-Line*

Ashtanga Vinyasa Yoga Intensive Teacher Training  
Self-Development & Deepening Your Personal Practice

*Communicating with Hands-On Adjustments part 2*

UNIT 3 Class 3.2 – part 2

Topic	Timestamp – total 17'49	Page
The evolution of adjustments	00'00	1
Which postures can we adjust?	04'08	3
Modifying the series	11'32	6
Demonstration	14'39	7

*In Ashtanga doing "adjustments" is an important element of teaching. Here we discuss the why, how, when, responsibilities of the student and me of hands-on adjustments. We also talk about modifying a pose or not?*

*Dans l'Ashtanga faire des "ajustements" est un élément important de l'enseignement. Ici, nous discutons le pourquoi, comment, quand, les responsabilités de l'étudiant et plus. Nous parlons aussi de la modification d'une pose ou non ?*

*English*

[Timestamp: 00'00]

Linda:

So, if you look at science a hundred years ago, what we knew as a population, you know, it's changed, it progressed. So, I would

*Français*

[Horodatage : 00 :00]

Linda :

Si on regarde l'état de la science il y cent ans, les connaissances qu'on avait en tant que population, tout cela a changé, a

# Frequently asked questions



Q: How long will the entire online program take?

A: This will depend on how much time you apply to it per week. We allow a minimum of 6 months and a maximum of 2 years to complete it if you are choosing Option 1 to have a certificate of completion.

Q: Is there a time limit to my access to the on-line videos?

A: Normally it is two years but you can have longer access if needed.

Q: Why take the time from my busy schedule to do this training?

A: It is always recommended in yoga to put aside periods of time for personal reflection and study. It can be difficult to do this without the guidance of a teacher; this is one of the reasons why we offer this training. It adds structure to the self-study and practice that is essential to taking life-transforming steps.

Q: How is the preparatory home study organized?

A: For the pre-training prep home study, we will give you a packet with reading assignments and then a few assignments and many self-inspection/reflection questions. We will ask for the assignments plus your notebook with the self-inspection questions (these we won't read them all since they could be personal, but we want to verify that everyone actually does the work). You can plan your own schedule to do the home study however, we suggest a little be done every week over a 3-month period to make it stick more with the individual and become part of their personal growth.

Q: Are the videos in English or French? (Or a combination of both?)

A: They are mostly in English; however the Teaching Manual is available in either French or English. As well, there is a complete translation of all the videos.

Q: When do I have to do the practice teaching of classes?

A: After you have handed in all the final exams you will be required to start teaching a small group of your own students.

Q: Can I pay in instalments?

A: You will need to have the training paid in full to have access to the site and videos.

Q: Can I still take your training if I haven't established a traditional Ashtanga practice?

A: Since you have 2 years to do this training you can spend 3 months establishing an Ashtanga practice. There are Beginner, Half Primary and Full Primary practice videos included in the video library to help you. In addition, when we give you the preparatory home study, one part is that you memorise the portion of the ashtanga system you are working on. So if you are not already doing Ashtanga, we expect you to cultivate a daily practice and keep it for the 2 years of the on-line training.

Q: How many hours are spent on asana, anatomy, pranayama, etc.?

A: We are registered with Yoga Alliance, an internationally recognised yoga standards organisations, you can follow this link to see the details of requirements: [www.yogaalliance.org](http://www.yogaalliance.org)

Q: Will I be ready to teach after this training?

A: This is a personal decision for each individual to make once they have finished all aspects of the training. Some of the previous trainees have started teaching straight away (or have already been teaching already for many years) and others prefer to take time to integrate what they have learned into their practices before beginning to teach.

Q: Do I have to want to become a yoga teacher to do this training?

A: The answer is of course not! In fact first you are always a yoga student before being a yoga teacher! You can only sincerely teach what you yourself have experienced. This is why we call it a 'self-development and deepening your personal practice' and teacher training. Committing yourself to yoga study will bring about deep personal growth.

Q: When do I receive the Certificate of Completion?

A: If you sign up for the Option 1 registration then you will be awarded a Certificate of Completion once ALL assignments are fully completed. Keep in mind that the on-line program doesn't qualify for Yoga Alliance IF you are not already registered. If you are already a registered YA teacher, then it counts towards continuing education hours.

## Some comments from previous Teacher Trainees



"I started this training hoping to deepen my asana practice and also learn how to teach it. I ended up doing that, but also learning so much about the yogi way of life and thinking, the philosophy, and finally acquiring the sense to enjoy my practice exactly where it is and not "wish" for the next step all the time. I did not expect this, but what a relief it is! I can say that before this training I was a bit mystified by what it meant to be a yogi, and now I feel immersed in it and I am enjoying the path immensely."~ Lauren, USA

"I thoroughly enjoyed your teacher training, and thought it was extremely well rounded. It was physically tiring (in a good way!), but actually made me love the practice even more. I appreciated learning more about the anatomy as it relates to yoga and found it so helpful to break down each of the postures, paying more attention to alignment. I found the handouts very helpful, but it was good to be able to take my own notes too. It was great to learn more about the history, the sutras and the chakras too. I found it really interesting. Thank you both so much for sharing so much of your knowledge!" ~Emma, New Zealand

"I learned much more than I expected. Nothing was missing. Everything was coherent, so well structured, and rigorous. It made me want to go even deeper to continue this amazing experience. They say that teaching doesn't consist in filling a vase but in lighting a lamp...this training was rich enough to achieve both aspects. So much to think about, to learn and to practice. Thank you so much." ~ Fanny, France

"For me, one of the highlights of studying with the two of you was your willingness to share your personal experience of "living the yoga", and to talk about the application of yogic principles to your lives. So many valuable insights into what it means to practice, including the difficulties, the benefits, the hard-won perspective and the lessons learned... all communicated with a lot of humility, sincerity, humor and compassion. A really excellent experience that has greatly informed my relation to practice and life. Thank you!" ~ Joy, USA



## Some comments from previous Teacher Trainees



"The TT was a very intense experience; Linda and Gerald welcome you into the "big house" and make you feel part of them along with everyone else. The most pleasant thing was for me to feel at ease at all times with all my difficulties and my limits and learned a lot more than I could imagine." ~Flavia, Italy

"A very intense experience, teaching us how to open the mind on discovering new sensations and new knowledge: it gave me a new vision of everything and changed my life from now on". ~Amelie, France  
"Those seven months was a lovely time of inspiration and an invaluable apprenticeship. I'm really grateful to meet Linda and Gerald. They are not only advanced practitioner/ teachers but they transmit their teaching with modesty." ~Maria-Luisa, Argentina

"The Ashtanga Yoga Paris 200HR Teacher Training is a life changing adventure. It is a holistic immersion into the teachings of yoga, a month intensive full of asana, pranayama, meditation, self-development, and scriptural study to deepening one's yogic path in a creative way. Morning Mysore-style practice and afternoons being in a satsang created a valuable and beautiful experience, where trainees from across the borders come together to Paris seeking true yoga teachers. By the end of the training, hearts feel overwhelmed with inspiration and love, pure love. There are no words that can describe my gratitude to Linda and Gérald for teaching and sharing what they live, a way of life, and a very fulfilling one if you heartedly embrace it." ~ Carolina, Columbia

"Cette formation dense et intense reste très concrète et allie dans un bel équilibre la pratique et la théorie. Le rythme laisse le temps de la "digestion". On se sent progresser à grandes foulées sous l'œil chaleureux et bienveillant de Linda et Gérald. C'était un beau voyage qui m'a transformé" ~Elisabeth, France

## Application Instructions & Locations

Applicants should have practiced Ashtanga a minimum of 250 hours or 500 hours of another yoga style, within the last 2-3 years. They must have a basic level of spoken English. If you have a serious and committed yoga practice and are interested in this intensive don't hesitate to talk to us to get advice about whether this training is for you.

### Option 1

Registration with Submission of Assignments and Review and Feedback from Gerald or Linda, 5 hours private lessons and possibility of receiving the Certificate of Completion: **1,600 €** .

### Option 2

Registration with access to the videos and website: **1,000 €** .

### Both options include:

Ashtanga Yoga Paris Teaching Manual  
Two years access to online training videos  
(more time upon request)

### Payment & Refund Policy:

Once you have been sent any of the course materials or have been logged onto the site, there will be no refunds.



**Paris**  
**40 avenue de la République**  
**75011 Paris**

The studio is located in the 11th arrondissement, in the area of Oberkampf, Parmentier and République. Step out of the bustling streets of Paris and into our peaceful, yoga-dedicated space.



**Côte d'Azur**  
**6 avenue du Midi**  
**06220 Golfe Juan**

Golfe Juan is located on the Mediterranean coast between Nice and Cannes. Easily accessible by train or bus, in a village where you can easily find apartments on Airbnb or hotels close to the sea.



We'd love to hear from you and answer any questions you may have!

Yours in Yoga,

Gérald Disse & Linda Munro



**ASHTANGA YOGA PARIS**  
**Bouger · Respirer · Être bien**

[www.ashtangayogaparis.fr](http://www.ashtangayogaparis.fr)  
[info@ashtangayogaparis.fr](mailto:info@ashtangayogaparis.fr)  
01. 45. 80. 19. 96

Teacher training photos credit : Lola Daures  
Photos of Linda and Gérald credit : Adé Adjou



ASHTANGA YOGA PARIS

# Teacher Training ONLINE Application



Your photo

Date : .....

First and Last Names .....

Curent Address .....

Country of origin .....

Phone .....

E-mail .....

Curent Job .....

Age .....

Please tell us if you prefer the manual  
in French or English ?

French

English

How did you learn about the Ashtanga Yoga Paris Teacher Training program?

.....



## **Personal information**

- **How would you evaluate your current health**

Excellent       Good       Fair       Some challenges

.....

.....

- **Do you have any disabilities ?**

Yes       No

- **How long have you been practicing yoga? How many days a week? And which style? Have you practiced Ashtanga for at least 250 hours ?**

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.....

- **At which yoga studios do you currently practice?**

.....

- **Do you have a home practice?**

Yes       No

- **Who have been your primary teachers? Past and present**

.....

- **Tell us about your pranayama experience (have you learned any techniques, do you practice regularly, what do you practice, who did you learn with, etc.)**

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.....



• **Tell us about your meditation experience**

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.....  
.....

• **What area of yoga challenges you the most?**

.....  
.....

• **Is this your first teacher training? If not, please list prior trainings.**

.....

• **Are you currently teaching yoga? If yes, for how many years and where do you teach?**

.....

• **Do you plan to teach after this training?**

Yes  No, its for my personal growth only

• **Why have you chosen the Ashtanga Yoga Paris teacher training?**

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• **What do you expect to learn from this training in regards to the yoga? And how do you think you will grow from this training?**

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.....  
.....



ASHTANGA YOGA PARIS

## **Payment informations**

**Please mail the registration form or scan and email with copy of BT confirmation. If you want to mail it: Ashtanga Yoga Paris | 40 Avenue de la République | 75011 | Paris, France**

**If you want to e-mail: [info@ashtangayogaparis.fr](mailto:info@ashtangayogaparis.fr) || AYP's number: +33 (0) 1 45 80 19 96**

- **I am registering for the:**

**Option 1 at 1,600 euros**

**Option 2 at 1,000 euros**

- **I am enclosing the following in checks (make the order to ASHTANGA YOGA PARIS):**

**The full amount of . . . . . euros**

- **I am enclosing a confirmation of a bank transfer:**

**The full amount of . . . . . euros**

**Date. . . . .**

## **Payments and refund policy.**

**Once you have been sent any of the course materials or have been logged onto the site, there will be no refunds.**

**I have read and accept the above terms, please sign and date.**