



# YOGA TEACHER TRAINING



*with Gregor Maehle & Monica Gauci*

EUROPE • 200 HOURS

## PROSPECTUS



# Welcome!

Welcome to our European Teacher Training!

Our commitment is to give you an authentic experience of Yoga with the highest quality of teaching, in a supportive, nurturing environment. We want you to fully immerse yourself in the transformative power of Yoga.

We welcome students from all yoga traditions and at various levels of experience. We equip you with the skills to safely and competently teach yoga, regardless of asana style. Our training will enable you to share your love of yoga with joy, confidence and a deep understanding of its entirety.



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*“Tejasvi Naavadheetamastu -  
May our learning be luminous and  
purposeful.” The Upanishads*



# Retreat-Style Modules

This training consists of four 6-day modules, each providing 50 hours of tuition of which 40 hours are delivered face-to-face and 10 hours online. Each full day comprises of 6 hours, 40 minutes of tuition, taught by Gregor or Monica.

Each module needs to be booked individually. Students who do not want to teach but wish to gain a deeper understanding of a particular subject are welcome. You can participate in any module without completing the whole training.

Students who have completed previous modules will have first access to subsequent modules. If you do miss a module it is likely to be repeated in approximately 2 years, unless there is insufficient interest or we become unable to deliver the module. Although we cannot guarantee the price of future modules due to possibly fluctuating accommodation & currency prices, we will do our best, to achieve comparable pricing.



## Modules

- **Pranayama, Yoga Sutra & Asana** with **Gregor**
- **Anatomy, Adjusting & Asana** with **Monica**
- **Meditation, Sutra & Asana** with **Gregor & Monica**
- **Teaching Skills & Asana** with **Monica**

Please visit our website for exact dates on [www.8limbs.com/teacher-training](http://www.8limbs.com/teacher-training). After these modules the cycle will start again. You can join the cycle at any module.







# Venues & Prices

All prices include six nights accommodation and vegetarian/vegan breakfast and dinner. Please visit our website for prices on the various room options at the different venues.



## Greece

[www.8limbs.com/events/anatomy-adjusting-and-asana-module-with-monica-in-greece/](http://www.8limbs.com/events/anatomy-adjusting-and-asana-module-with-monica-in-greece/)

Limeni Village Hotel, Greece  
(approx. 1 hour drive from  
Kalamata airport)

[www.limenivillage.gr](http://www.limenivillage.gr)

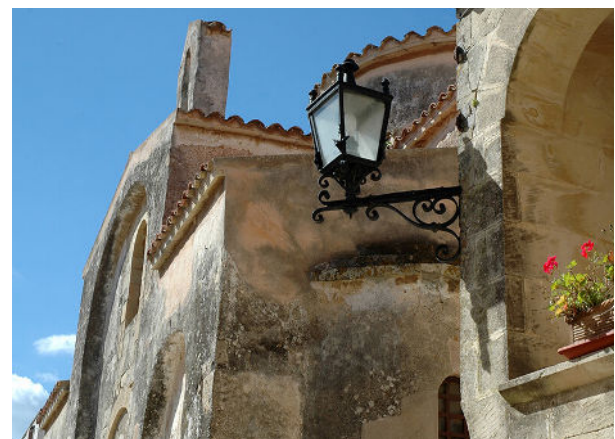


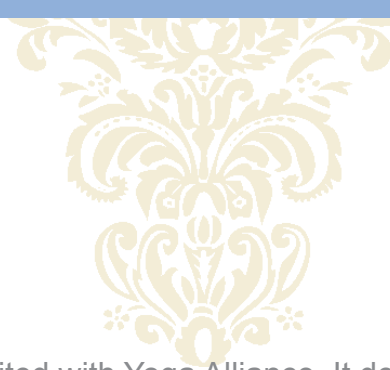
## Italy

[www.8limbs.com/events/pranayama-yoga-sutra-and-asana-module-with-gregor-in-italy/](http://www.8limbs.com/events/pranayama-yoga-sutra-and-asana-module-with-gregor-in-italy/)

Yoga in Salento, Italy (near Lecce)

[www.yogainsalento.com](http://www.yogainsalento.com)





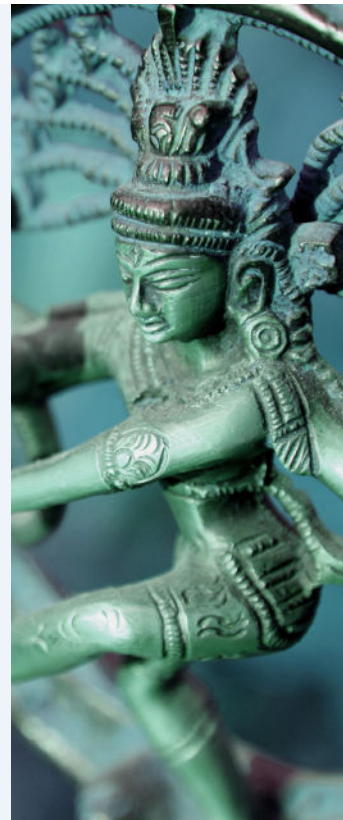
## Our Course

Our 200-hour training is internationally accredited with Yoga Alliance. It delivers 160 face-to-face contact hours with Monica or Gregor and an additional 40 hours online. The training provides you with an equal balance of theoretical and practical material. Your trainers and mentors are world-recognised leaders in yoga education. Their 9 books cover every aspect of yoga and teaching and will provide you with an unlimited source of reference material for the future.

This training consists of four individual week-long modules, each providing 50 hours of tuition. You can participate in each module without completing the whole training. Students who wish to gain deeper knowledge about a particular subject rather than wanting to teach are welcome.

*"The yoga teacher training conducted by Monica and Gregor has been an extremely rewarding and enlightening experience. Among the many positives, what impressed me most was their attention to detail, their dedication to making sure accurate information was provided, and mostly their nurturing and support through those days when an apprentice teacher experiences moments of self-doubt."*

*THANK YOU Monica and Gregor for your sharing that comes from the heart, your wonderfully warm sense of humor and for your commitment to your students".* **Ramona Miranda**





# Why 8 Limbs?

- **International Recognition** Upon graduation you will have immediate worldwide recognition as a Yoga Teacher! Additionally, you will carry the excellent reputation of your teachers (Gregor's 5 yoga books have been translated into 8 different languages).
- **Expertise** This training is exclusively taught by Gregor Maehle and Dr Monica Gauci (Chiropractor). They are world-renown leaders in yoga education and authentic yogis with over 40 years of experience – each!
- **Diversity** We welcome yogis from all traditions and will give you the skills to teach different asana styles (see 'What You Will Learn').
- **Face-to-Face Tuition** Our training delivers 160 hours face-to-face hours with Monica and Gregor, with an additional 40 hours delivered online. This means your training hours are a dedicated Teacher Training environment and not general yoga classes or unsupervised teaching hours.
- **Balance** Our training is an equal mix of practice and theory. We integrate the ancient wisdom and sacred art of yoga with the latest scientific and medical knowledge.
- **Continuing Education** We offer multiple levels of qualification (200, 350 or 500) as well as opportunities for continuing education and hands-on assisting in repeat trainings.
- **Guidance** You will have direct online access to Gregor and Monica during and after the completion of your training. We see our trainees as part of our yoga family and love to provide on-going guidance and mentorship.
- **Resources** Your trainers have published 9 text books which cover every aspect of yoga. Along with their ever-growing 200+ blogs you have access to unlimited, excellent resource material for the future.
- **Value** Our training is of the highest standard at affordable prices. We receive rave reviews from our students. You'll find out why!





# What You Will Learn

Our teacher training will not only give you the tools and skills to certify you as a Yoga Teacher but it will also enrich and enhance your life. Our goal is to help you explore Yoga to a greater depth and guide you forward as you journey on this path of physical, mental and spiritual growth. We endeavour to pass on the experience of personal freedom, self-mastery and connection to universal spirit that Yoga has given us. The following subjects are covered in each consecutive level to a greater and deeper extent.

- **The Eight Limbs Yoga** The complete tool kit of yoga, from its universal code of ethics (Yamas) to personal observances (Niyamas), the practice of yoga postures (Asana) and breathing techniques (Pranayama), how to lead an internally motivated life (Pratyahara), focusing the mind (Dharana), yoga meditation (Dhyana) and the ultimate state of pure bliss or Samadhi.
- **Sanskrit Chanting & Sacred Mantra** Learn the correct pronunciation of the sacred, ancient language of India whilst we chant the Yoga Sutras, study asana names, Peace Mantras and Sanskrit prayers.
- **Anatomy of Asana** Learning Yoga Anatomy from a yogi with 40 years of practice experience who is a Doctor of Chiropractic and a registered Yoga Therapist makes this an engaging and powerfully relevant topic!
- **Asana** We teach you intelligent, anatomically sound and safe instructions that you can teach any level of yoga ability and enhance any asana style.
- **Vinyasa Yoga** The theory and practice of how to create different vinyasa classes so they are logical, balanced and fun!



- **Yoga for Pregnancy & Post Natal Yoga** We give you guidelines to adapt an existing yoga practice or create a yoga class especially for pre or postnatal women.
- **Class Structure & Sequencing** Whichever style of asana you practice or teach the skills you learn will be applicable, highly useful and practically applied so you can create a balanced, enjoyable class.
- **A Yogi's Diet - Mitahara** We teach you the fundamentals of a yogic diet to achieve physical and mental balance.
- **The Chakras & Kundalini - Energetic Anatomy** This topic is presented in such a way that it is pertinent to your everyday life experiences. It teaches you how to access your inner wisdom.
- **Yoga Meditation** Learn how to bring your mind into a receptive state so you can receive higher knowledge that is already there.
- **Pranayama** Here you will not only learn breathing techniques but also how to liberate your inner breath or prana to prepare your body and mind for meditation.
- **Purification of the Body - Kriyas** These techniques will help you to absorb the benefits of the other limbs of Yoga.
- **Teaching as an Act of Giving** Consider the role and qualities of a teacher, intra-class dynamics and the work of service.
- **Communication Skills** You will learn effective techniques on how to be understood, how to build rapport, the energetics of non-verbal communication as well as efficient presentation and teaching skills.





- **The Art of Adjusting** Examine what makes a quality adjustment and how to listen, feel and communicate with your hands. Learn refined hands on guidance, corrections and body-weight adjustments.
- **Yoga Sutra & Yoga Philosophy – Lessons in Yoga Off the Mat** These lessons teach us how to integrate insights and wisdom into our life to bring about lasting change.
- **Teaching Practicum** This is an opportunity to practice and deliver what you have learnt under the compassionate supervision of your teacher. Here you will receive constructive feedback and support.
- **Professional Ethics** As outlined by Yoga Alliance.
- **Enjoyment** We not only have a lot of fun in our trainings but you will tap into the joy of your innermost heart, which is your very nature.

## Training Manuals

- Digital copies of our training manuals and study material are provided to support your learning process throughout the course. This includes a copy of Monica's comprehensive word-for-word script on how to conduct and teach Ashtanga vinyasa yoga to beginners. Gregor's eight textbooks cover all aspects of Yoga and will serve as a life-long resource and support on your yoga path. We will also supply you with a Workbook to help you fulfill the assessment needs of your certification.



*“That a man can change himself ... and master his destiny is the conclusion of every mind who is wide-awake to the power of right thought.”*

**Christian D Larson**



# Teacher Training

In order to qualify as an 8 Limbs Yoga Teacher Trainee you need to:

- Have 12 months previous yoga experience.
- Have a genuine love and interest in Yoga.
- Be on time and attend all training classes and workshops.
- Complete all assignments, workbook and any practical assignments.
- Read and sign the mutual 'Agreement', see Registration.
- Keep a journal of your non-contact learning hours and their content.

We are looking for a sincere interest, a readiness to receive and digest what is taught, and the commitment to be immersed in learning and practice once you start the training.

A Teacher Training and your own self-practice of Yoga are two separate things. We do not believe that a teacher training alone is sufficient to become a Yoga teacher. Look at the training as a framework that you energetically charge with your own Yoga practice. Our experience is that daily practice over a long time is what forms a yogi. The more you practice, the more authentic your teaching will become. Our trainings are often the catalyst for students to make a deeper commitment to their yoga practice.

*"Education is the most powerful weapon which you can use to change the world"*  
**Nelson Mandela**





## Your Trainers

This training is exclusively taught by Gregor Maehle and Monica Gauci to bring you the highest level of expertise and experience. They are first and foremost yogis as well as excellent educators. They have practised the various limbs of Yoga for decades and it is this establishment in Yoga and the resulting benefits that they generously share.

### Gregor Maehle

*E-RYT 500 Yoga Alliance, Level 3 Yoga Australia Membership*



Gregor Maehle began his yogic practices in 1978. In the mid-1980s he commenced annual travels to India, where he studied with various yogic and tantric masters, traditional Indian sadhus and ascetics. He spent fourteen months in Mysore, and in 1997 was authorised to teach Ashtanga Yoga by K. Pattabhi Jois\*. Since then he has branched out into researching and writing on the anatomical alignment of postures, the higher limbs of yoga and the relevance and application of yoga in our daily lives.

In India Gregor also received eight months of mostly one-on-one instruction in scripture, pranayama, kriyas and meditation from

B.N.S. Iyengar, a student of T. Krishnamacharya and has studied Sanskrit under Professor Narayanachar and Dr Chandrasekhar. Gregor's internationally acclaimed textbook series consisting of *Ashtanga Yoga: Practice and Philosophy*, *Ashtanga Yoga: The Intermediate Series*, *Pranayama: The Breath of Yoga*, *Yoga Meditation: Through Mantra*, *Chakras and Kundalini to Spiritual Freedom* and *Samadhi The Great Freedom*, *How to Find your Life's Divine Purpose*, *Chakras, Drugs and Evolution*, and *Mudras: Seals of Yoga* – have sold more than 100,000 copies worldwide and have been translated into nine foreign languages.

Today he teaches an anatomically sophisticated interpretation of traditional vinyasa yoga, integrated into the practice of the higher limbs in the spirit of Patanjali and T. Krishnamacharya. He offers workshops, retreats and teacher trainings worldwide and writes regular blogs on [www.chintamaniyoga.com](http://www.chintamaniyoga.com). He has been invited to many countries to teach and has contributed to and been interviewed by numerous yoga magazines and blog sites. His zany sense of humour, his manifold personal experiences, and his vast and deep knowledge of scripture, Indian philosophies and yogic techniques combine to make his teachings applicable, relevant and easily accessible to all his students.



*“Gregor Maehle’s Ashtanga Yoga – the Intermediate Series is a treasure chest of practical gems. He weaves together important insights into the anatomy and form of yoga postures with the contemplative and internal aspects of yoga practice. Tying together philosophy, myth and subtle practices, he gives the student an ever-deepening experience of the true tradition of yoga.”*

**Richard Freeman, founder of the Yoga Workshop in Boulder, Colorado, USA**

*“Gregor Maehle’s first book, Ashtanga Yoga: Practice and Philosophy, was a valuable and welcome addition to the available resources on Ashtanga Yoga. His latest book, Ashtanga Yoga – The Intermediate Series, guides us further down the path, leading deeper into the realms of this dynamic system. Gregor’s concise and insightful explanation of the practice, theory, philosophy and anatomical details of Ashtanga Yoga bring to life the beauty and elegance found within the minutiae of the practice. Thank you again, Gregor!”*

**David Swenson, author of Ashtanga Yoga: The Practice Manual, International**

*“Once again, Gregor Maehle has provided an invaluable resource for yoga students. I’ve read a dozen books on pranayama and taken workshops, all to little benefit in my practice. With this book, the lights came on. As in his previous publications, Mr. Maehle combines his astonishing knowledge of yoga scripture with the most straightforward, most insightful, most eye-opening descriptions and explanations ranging from physiology and bio-mechanics to psychology and spirituality. As I reread this book and ponder it, I am continually astonished by the depth of insight it provides. I have come to believe that this will be the single most important book on yoga in the past century. This is a life-changing contribution, for which I am profoundly grateful.”* **Paul M. Gahlinger, MD, PhD, MPH**



## Dr Monica Gauci

*B Sc, B Chiro (Hons), Yoga Therapist (AAYT), E-RYT 500*

Monica began her practice of yoga in 1978, closely followed by a dedicated meditation practice. She practiced Hatha Yoga and then Iyengar Yoga for 13 years until she discovered Ashtanga Vinyasa Yoga in 1993. After multiple journeys to Mysuru, India in 1996 she was authorised to teach Ashtanga Vinyasa Yoga by K. Pattabhi Jois.\*

Since the age of 24, Monica has studied many different disciplines of the Healing Arts. In 2008 she graduated with 1st class honours as a Doctor of Chiropractic and received numerous awards for Academic Excellence.

Monica continues her studies in anatomy and movement as well as manual, movement, yoga and mantra therapies. Her education as a Rehabilitative Chiropractor inspires her teaching and application of movement principles that support and promote a healthy body.

Monica is a registered Yoga Therapist (AAYT, IAYT). She has published Ashtanga Yoga Beginners Course Manual for Teachers and is a contributing author to Ashtanga Yoga, Practice and Philosophy and Ashtanga Yoga, The Intermediate Series in the areas of asana, anatomy,

injury prevention and therapy. You can read

her blog posts on these topics at [www.](http://www.chintamaniyoga.com)

[chintamaniyoga.com](http://www.chintamaniyoga.com).



In 1996 Monica and Gregor co-founded 8 Limbs Yoga School in Perth which they co-directed for 21 years. She now teaches workshops and trainings worldwide. Together with Gregor, she teaches Immersions in Bali and from their mountain-top studio at their property in the rainforest close to Byron Bay, Australia.

Monica's breadth of knowledge, her insight, calm manner and playful personality make learning from her easy and enjoyable!

\*In the wake of the MeToo movement information surfaced regarding KP Jois' sexual abuse. You can read Gregor and Monica's statements at [www.chintamaniyoga.com](http://www.chintamaniyoga.com).



# What Our Students Say

What our students have to say about our trainers and our training is testimony to their devotion to yoga and their students.

*"I deeply appreciate the precision, the detail, the care and respect both you [Monica] and Gregor have for yoga, for humanity, for teaching ... it is a gift ... thank you."* **Niamh**

*"Once in a lifetime an opportunity comes along where you can learn from the very best teachers in their profession. Monica and Gregor are those teachers, and over the course of a year I found myself delving more deeply into my yoga studies under their expertise, passion and compassionate guidance. After completing the teacher training I have developed a deeper understanding of yoga and myself, and am inspired to continue my learning as this is the legacy that they as teachers leave with you; they give you the tool and foundations for learning whilst encouraging and inspiring you to be your best self. There is so much knowledge between Monica and Gregor it really was an honour to have some of this imparted on me. Gregor... said that we are all expressions of the Divine and I can see how you are both examples of that – spreading these wonderful teachings and inspiring people all over the world to not only grow but also be teachers themselves and to help other people as they commence their journey also. Quite a legacy!"* **Neska**

*"Non scholae  
sed vitae  
discimus -  
We learn, not  
for the school,  
but for life."  
Seneca*







*"When embarking on this journey in teacher training, I did not foresee how much I would grow, love and learn. Your empathy, compassion and dedication to yoga and your students is inspiring and uplifting. I feel blessed to have had teachers with such vast knowledge and experience. Thanks to your nurturing instruction, my heart is full. I cannot express enough how grateful I am to have learned from you over the last year. Thankyou. Thankyou. Thankyou."* **Margaret**

*"I found Gregor and Monica's TTC to be very informative and precise. Together they provide a perfect balance in each area of their expertise, Gregor with his incredible depth of knowledge in Philosophy, Pranayama and Meditation, and Monica with her detailed and easy to digest explanations on Anatomy and Teaching methodology. The fact they are authors of their own books helps out a great deal when referring back over notes whilst studying. I walked away from these weekend modules in a state where I just wanted to drop everything and immerse myself further in the studies of yoga. I have gained so much from the 200-hr course and their studio 8Limbs. I am excited to be furthering my practice and studies with them."* **Jordan**

*"The training totally exceeded all my expectations! I feel like I've been given a huge gift by Gregor & Monica - the gift of knowledge & understanding of the body and the mind (and more), as well as the ability to apply the knowledge and practices to my daily life which has been so precious to me. Am forever grateful to you both for your generosity, patience and efforts to make this training such an unforgettable experience."* **Debbie**

*"Gregor Maehle and Monica Gauci are sharing the science of Yoga from their grace and deep love. The 8 limbs of Yoga are shared with endless authenticity and joyful energy. It's a gift to have an opportunity to study by their side and be inspired by their quality of giving. I thank both of them for their teachings, from the bottom of my heart, with gratitude and love."* **Roxane**



# How To Apply

To apply for our teacher training or any singular module, please complete the application form below and pay your deposit online. Should your application be denied your deposit will be immediately refunded.

Follow the links on our teacher training page for the module you wish to apply for: **[www.8limbs.com/events/european-teacher-training/](http://www.8limbs.com/events/european-teacher-training/)**. If you have any further enquiries please contact the trainers directly on:

**[gregor@8limbs.com](mailto:gregor@8limbs.com)** or **[monica@8limbs.com](mailto:monica@8limbs.com)**

We look forward to sharing our love of yoga with you ...

*Monica & Gregor*



*“When passion  
meets opportunity  
– magic happens!”  
Prem Rawat*