



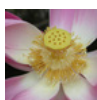
# *Yoga Teacher Training* *Bali Immersion*

*Level 1 • 200 hours*

*with Gregor Maehle & Monica Gauci*



prospectus



# Welcome!

Welcome to the Yoga Teacher Training with Gregor Maehle and Monica Gauci. 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.

Become a Level 1 internationally certified yoga teacher with Yoga Alliance or add on one of our flexible training options for Yoga Australia registration. Our training will enable you to share your love of yoga with joy, confidence and a deep understanding of its entirety.

Teaching Yoga is an occupation of giving. Each class is a dedication. It is both rewarding and challenging. Our mission is to equip our teachers with all the skills, understanding and knowledge they need to embark on this exciting path.



## Contents

Our Course	3
A Deep Immersion	4
The Immersion Experience	5
Why Train With Us	6
What You Will Learn	7
The Trainers	10
What Our Students Say	13
Things To Be Aware Of	15
• Commitment	15
• Other Issues	15
• Visa	16
• Certification	16
Where	17
Prerequisite & Acceptance	18
Prices & Booking Conditions	19
Contact Us	20
Application Form	21



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



## Our Course

On graduation from any of our trainings you will have immediate worldwide recognition as a Yoga Teacher! We offer 160 face-to-face contact hours with Monica or Gregor, with an additional 40 hours delivered online, presenting 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.

Our 200-hour Level 1 is an internationally accredited training with Yoga Alliance. It is held as a 20-day Immersion in Ubud, Bali, Indonesia.



For registration with Yoga Australia you can add on one of 150-hour Immersion modules (Levels 2 & 3) in the Hinterland of Byron Bay. Completion of both of our 150-hour immersions gives you 500-hour status with Yoga Alliance and/or Yoga Australia.

*“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*



# *A Deep Immersion*

This training is suitable for anyone wishing for a deep immersion into all the aspects of Yoga as well as for those who seek a professional education. The most important aspect of a teacher training is to first find a deep and experiential grounding in all aspects of Yoga.

In the Level 1 training a substantial period of time is devoted to teaching you the various yogic techniques such as asana, kriya, pranayama and meditation as well as the disciplines that are necessary to integrate them, such as yogic philosophy, anatomy and physiology. If you have this true grounding in Yoga you will succeed as a Yoga teacher because you will be authentic and thereby convincing to your students.

Casual yoga classes that are limited to 90 minutes or two hours, are ill suited to learn all the aspects of Yoga. The fact that trainees commit to 200 hours of full-time study will enable us to present you the results of our combined 80 years of study and practice of all the branches of Yoga.

This course is designed for those who want to learn the maximum amount possible in the shortest time on the subject of Patanjali's eight-limbed Yoga based on classical vinyasa Yoga. Whether or not you want to embark on teaching, as a Yoga practitioner you will receive enough material and techniques to practice by yourself for many years.



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







# *The Immersion Experience*

Learning about yoga and experiencing its various techniques in a condensed retreat format has many benefits.

The setup in Bali means that besides not having to work in your normal job you also will not have to contend with the normal house keeping duties of cooking, cleaning, shopping for food and doing laundry. All of these are fully provided for in Bali at an affordable price. This means that your free time is free to rest, assimilate information and enjoy being in beautiful Bali. Being out of your usual life-style and culture has the potential to open you much more to change, assimilation and transformation.

Although there are nine hours of tuition per day, the timetable is arranged in such a way that students have ample free time. Usually, there is a one hour breakfast break after an early morning asana class as well as a two hour afternoon break. Tuition takes place six full days per week with one day off.

If you have never visited Bali you will discover that the people are gentle, open, friendly, joyful and content. Their way of life is simple and steeped in tradition. They have a very strong sense of religion (Hindu) and spirituality. The Balinese people have an astute sense for creativity and especially for creating beauty. Ubud is the village of artists and these qualities are perhaps even more obvious.



*"A closed lotus bud signifies the potential for spiritual growth, development and unfoldment; an open flower signifies spiritual awakening."*





# Why Train With Us?

- **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 8 yoga books have been translated into 9 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 40 years of experience – each!
- **Diversity** We welcome yogis from all traditions and will give you the skills that you can apply to a variety of asana styles.
- **Face-to-Face Tuition** Our training delivers 160 face-to-face contact, 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.
- **Mentorship & 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.
- **Resources** Your trainers have published 6 text books which cover every aspect of yoga. Along with their ever-growing 90+ 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!



*"A teacher affects eternity;  
he can never tell where his  
influence stops."*

*Henry Adams*



# 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 style.
- **Vinyasa Yoga** The theory and practice of how to create different vinyasa classes so they are logical, balanced and fun!
- **Restorative Yoga & Using Props** Yoga for relaxation, the sick and elderly.
- **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 yoga 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 for most of the postures of the Ashtanga Vinyasa Primary series.
- **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.





- **Adjusting Practicum** The opportunity is also given for students to practise the adjustments taught in a real class setting.
- **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 Manual

- Training manuals and study material are provided to support your learning process throughout the course along with a comprehensive word-for-word script on how to conduct and teach our tried-and-true method to teach beginners and engage advanced students.

Links to an eBook copy of Gregor's books on pranayama, meditation and your divine purpose are also supplied.

We will also supply you with a Workbook to help you fulfil any assessment needs required for certification.



*"Education is the most powerful tool 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 forty years ago. 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 and 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  
Yoga Alliance, Level 3 Yoga Australia Membership*

Monica began practising Hatha yoga in the late 1970s and commenced a dedicated meditation practice in 1980. After practising Iyengar Yoga for 13 years she discovered Ashtanga Vinyasa Yoga in 1993 and was authorised by Pattabhi Jois in 1996.

Since the age of 24 years, Monica has studied many disciplines of the Healing Arts, including Reiki, Australian Bush Flower Essences, Lomi Lomi massage, Applied Kinesiology and various emotional release techniques. In 2008 Monica graduated with 1st class honours as a Doctor of Chiropractic. Additionally, she received numerous awards for Academic Excellence. Monica continues her studies in anatomy and movement as well as manual, movement, yoga and mantra therapies. Her passion continues with a daily meditation, mantra and asana practice as well as continuous research and writing, especially in the area of Yoga Therapy.

Monica is a registered Yoga Therapist with the Australian Association of Yoga Therapists. She is also a full member with the International Association of Yoga Therapists. Monica is registered at the highest level with both Yoga Alliance and Yoga Australia. 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. She regularly writes blog posts on the anatomy of asana incorporating the functional, emotional, therapeutic and spiritual relationships. You can read these at:

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



In 1996 Monica co-founded 8 Limbs Yoga School in Perth with her husband Gregor. Together they hold Teacher Trainings, Workshops and Retreats. Monica's breadth of knowledge, her insight, her calm manner and playful personality make learning from her easy and enjoyable!



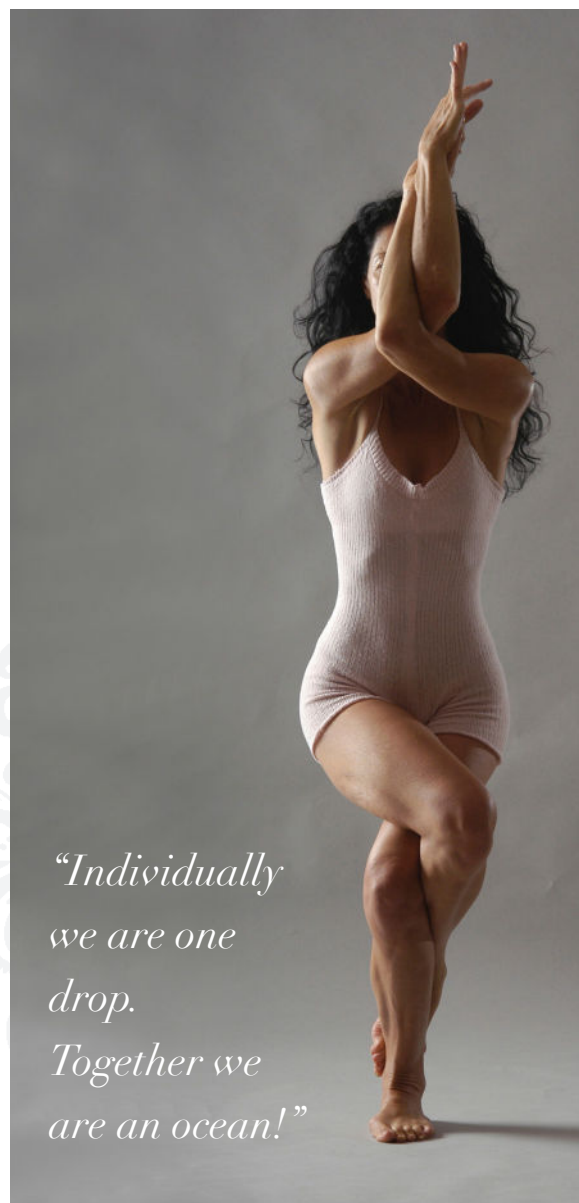


# What Our Students Say



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 - Ireland**

*"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 - Perth, Australia**



*"Individually  
we are one  
drop.  
Together we  
are an ocean!"*



*“Dear Monica & Gregor, I just wanted to thank you both for being such incredible teachers. I am so grateful for this time. You taught in such a genuine and giving way and because of this I am leaving with the confidence that I am on the right path. You have given me the tools and knowledge to make the changes I want to make. I now have the direction and the grounding to continue learning for the rest of my life ... - Lots of love”*

**Georgie • Melbourne, Australia**

*“Thank you again very much for your and Gregor’s absolutely great teacher training. It was a totally enriching experience for yoga as well as for every day life. I left Ubud feeling loaded with positive energy and love! Merci veu veu mau!!!”*

**Joelle • Switzerland**


*“Gregor and Monica are the most genuine and inspiring teachers I have had the pleasure of meeting. I think they set an exceptionally high standard for yoga education, living what they teach and giving from the heart. I highly recommend their trainings.”*

**Kelly • Germany**

*This course completely met my expectation of deepening my yoga practice and understanding how to develop my meditation, pranayama and philosophy studies. Both teachers were 100% committed to sharing with us their wealth of information. They gave us study material that will last us years, if not a lifetime of further learning and development.*

**Deanne • Adelaide, Australia**

*You have inspired me on my Yoga Teacher Training journey and provided me with LOVE, COMPASSION, KNOWLEDGE, WARMTH, MENTORSHIP and BLISSFUL-BLESSINGS in which, I will be forever grateful! Your authenticity; wisdom & graciousness has not surpassed unnoticed.”* **Emmy • Margret River , Australia**





# *Things To Be Aware Of*

## **Commitment To The Training**

- Please be aware that this is an intensive Yoga Teacher Training. You will receive a concentrated professional education consisting of material that normally would take years to acquire. You will be learning various aspects of Yoga 9 hours per day, 6 days a week for 20 days. You are likely to succeed with this schedule only if you do not pursue any other activities during this time, such as day tours, cooking courses, etc. We strongly recommend that you schedule little or no additional activities and that you take the seventh day to rest. There are also certain non-contact study hours that need to be completed outside of classes. If you do not complete the training, which means attending all sessions we will not be able to issue certification. You will need to focus on the training during its duration and not be distracted by outside activities. Please do not arrive late to the training and/or to the individual sessions. You need to be present at the outset of the course and during all of the sessions. The intensity of full-day Yoga instructions over such a long time frame may bring up emotional resistance. In this case your commitment to learning and yearning for authentic knowledge needs to be stronger than the distracting tendencies of your mind. Please understand that maintaining your commitment to Yoga in the face of such adversity is practising tapas (Yoga Sutra II.1).

## **Other Issues**

- There are certain issues that may arise from the course taking place in a developing country. Bali is located in Indonesia, which is currently still considered a developing country. The Indonesian and Balinese culture may be very different from the culture you originate from. You may encounter things such as unusually heavy traffic, unsound vehicles, heavy rain, heat, unknown foods, insects, roosters crowing early in the morning and various cultural, social and political issues. Bali is located very close to the equator and as such the climate is very tropical. Due to the frequent tropical downpours it is helpful to bring suitable clothing. You need to bring readiness to deal with any issues that a training in such a tropical and developing country may bring. For those suffering from asthma and allergies it is advised to bring your own pillow.

## Visa

- For citizens of most countries 30-day tourist visas are obtainable on entry to Bali. Please inquire with your travel agent if you will be able to get a visa on arrival in Bali with your particular passport. You must have six months validity remaining on your passport from the date of departure from Indonesia. Please be sure to check your passport's expiry date.

## Yoga Alliance Accredited Certification

- Successful graduates of this Yoga Teacher Training will receive a Certificate of Completion issued by Gregor Maehle and Monica Gauci, including the subjects studied, and the level of training you received. After submitting this certificate to Yoga Alliance you will be internationally accredited (association membership fees apply).







# Where

## Where

The training is held in Bali, Indonesia. Bali has a unique artistic Hindu culture which blends the spirituality of Yoga's homeland, India with the Balinese strong appreciation and expression of beauty. Bali is known as the island of the Gods. Ubud is the cultural and artistic centre of Bali.

Honeymoon Guesthouses are one of Ubud's original Yoga destinations. The elegant Balinese-style guest rooms are set in beautiful lush tropical gardens. Breakfast is included with fresh pastries from the Honeymoon Bakery. The Guesthouses has its own Kitchen with a variety of vegan meals and is a five-minute walk from the heart of Ubud and their Casa Luna restaurant. A free shuttle is also available to Honeymoon's Indus restaurant with its spectacular views and delicious food! A 10% discount applies for all Honeymoon's guests.

All classes and accommodation are at the:

### Honeymoon Guesthouses

Ubud, Bali, Indonesia

[www.casalunabali.com/honeymoon-guesthouses](http://www.casalunabali.com/honeymoon-guesthouses)





# Prerequisite & Acceptance

Rather than a fixed prerequisite to participate in the training, we look at the combination of all your answers to the questions in the Yoga History, Health History and Other Qualifying Issues sections of the application. We will try to create as homogenous a group of trainees as possible.

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.

Acceptance into the training is per application. To apply for the Bali trainings, please print and complete the application form below. You can either scan it or copy it into a Word document and then email it to **monica@8limbs.com**.

Please note a \$600 deposit is required at the time of your application. The full amount will be refunded if your application is not approved. Please pay your deposit online using Visa, MasterCard or PayPal at **www.8limbs.com/teacher-training/bali**.

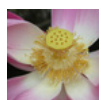
We will confirm receipt of your application via email and will let you know within two weeks whether your application has been approved. Once your application is approved we will email you the accommodation options.

In order to qualify and complete this training you need to:

- Have a genuine love and interest in Yoga.
- Attend and be in time for all sessions.
- Complete all assignments and workbook
- Keep a journal of your non-contact learning hours and their content.



*"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*



# Prices & Booking Conditions

## Step 1: Application Fee

**AU\$ 600** is due at the time of submitting your application. This fee will be refunded promptly should your application not be approved. This fee also covers the tracking of your progress, assessing of your workbook and certification.

## Step 2: Accommodation

In order to reserve your room of choice you must book and pay for your room. Rooms are reserved on a pay first/reserved first basis. Please note the cheaper and/or most desired rooms do go first.

We have pre-booked accommodation at **Honeymoon Guesthouse** for all attendees for the 20 nights of the training. Please check our website for accommodation options and prices. Some twin-share rooms are available and then these rates will halve if you share your room. If you want your own room you need to book one of the queen bed rooms as no single bed rooms are available. If you want to opt for a twin-share room and you do not have anybody to bring with you we may be able to arrange somebody of the same gender for you to share a room with. If we fail to find somebody you will need to take a room by yourself. Upon acceptance of your application we will send you a list of room options to choose from.

Breakfast is included in the accommodation prices but all other meals are not included. All accommodation prices are in addition to the tuition fee of AU\$ 4200 (minus deposit). In case of extreme currency fluctuations these prices may change to some extent between now and when you pay your accommodation.

*"Beauty is the nature of the Soul.  
Bali wears its Soul on the outside ..."*



## Step 3: Tuition

Tuition fee of **AU\$ 3600** is due eight weeks prior to the commencement of the training. All fees payable online by Visa, MasterCard or PayPal at **[www.8limbs.com/teacher-training/bali](http://www.8limbs.com/teacher-training/bali)**. Prices do not include flights, visa and travel costs. All payments are non-refundable with the exception of COVID lockdowns and border closures. We recommend 'Cancel-For-Any-Reason' travel insurance in case of the unforeseen need to cancel your trip.





## Contact Us

If you have any further enquiries please contact the trainers directly on:

**gregor@8limbs.com** or **monica@8limbs.com**

We look forward to spending these weeks with you, dedicated to your Yoga practice and to purposeful and luminous learning.

Yours in Yoga,

*Monica & Gregor*



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