



YOGA TEACHER TRAINING

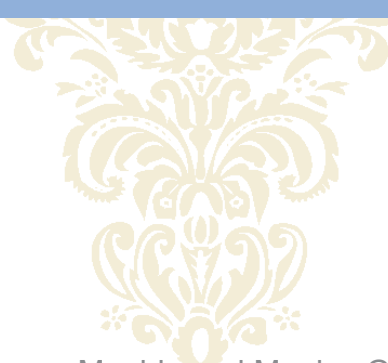
Byron Bay Immersion



with Gregor Maehle & Monica Gauci

LEVEL 2 & 3 • EACH 150 HOURS

PROSPECTUS 2022



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.

Teaching Yoga is an occupation of giving. Each class is a dedication. It is both rewarding and challenging. Our mission is to equip you with all the skills, understanding and knowledge they need to safely and confidently practise and teach all aspects of Yoga.



Contents

A Deep Immersion	3
Why Train With Us	4
What You Will Learn	5
The Trainers	10
Guest Appearances	13
What Our Students Say	14
When & Where	17
Prerequisite & Acceptance	18
Prices & Booking Conditions	19
Contact Us	19
Application Form	20



"You have to walk. You have to go. You have to proceed. If you proceed in understanding, if you proceed in clarity, if you proceed with this heart, if you proceed with consciousness, the journey will not only be successful, but very joyful." Prem Rawat



A Deep Immersion

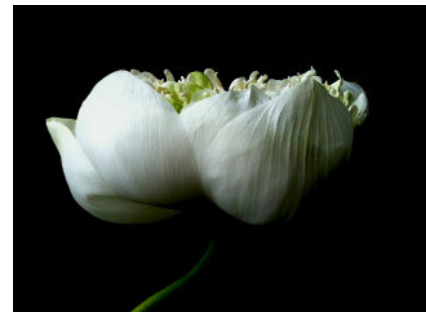
Our Level 2 and 3 trainings are held as immersions at our yoga studio in the middle of the rain forest on our property in Crabbes Creek, in the hinterland of Byron Bay.

If you have an existing, compatible 200-hour yoga teacher training you can use our 150-hour Immersion to upgrade to Yoga Australia Level 1 recognition. Our Level 2 and 3 together fulfill the requirements for 300-hour Yoga Alliance certification. All of our levels combined will enable you to reach either Yoga Australia or Yoga Alliance 500-hour status.

Our Level 2 training is a stand-alone module. This means you can join without having done our 200-hour training. It is both complete and comprehensive in itself and 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. If you are wanting to teach we recommend ours or another 200-hour training to focus on those skills as well as for yoga association registration.

Learning yoga and experiencing its various techniques in a condensed format has many benefits. Taking this dedicated time away from your usual commitments and work means that you can immerse yourself fully in the experience, practice and teachings. Being out of your usual life-style and surroundings has the potential to open you much more to change, assimilation and transformation. There are nine hours of tuition per day with short breaks including those for breakfast and lunch. Tuition is on five consecutive days followed by one full day free.

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





Why Train With Us?

- We are a long-standing (since 1998), very successful training institution. Our success is built on our excellent reputation. We provide intelligent, safe Yoga instruction with ultimate respect for the sacred tradition of Yoga.
- This training is exclusively taught by world-renown leaders in yoga education, Gregor Maehle and Dr Monica Gauci (Chiropractor). They have an exceptionally high standard of expertise in both the practical and theoretical aspects of Yoga. They are life-long dedicated Yogis with a passion for their respective fields of knowledge. For more details check out their bios below.
- Our excellent reputation is recognised internationally with Gregor's books having sold over 100,000 copies in nine different languages. Between them Gregor and Monica have published nine yoga textbooks covering all the eight limbs of yoga as well as how to teach beginners. These will provide you with a life-long resource of reference material.
- We also offer a constantly growing library of on-demand video courses on subjects including Asana, Pranayama, Anatomy, Yoga Sutra, Meditation, Mantra, Kriya and Restorative Yoga. Trainees who have completed our Level 2 training can access all Level 2 video courses for a 50% discount.
- On completion of any of our Teacher Trainings you will not only have immediate recognition as a Yoga Teacher by Yoga Alliance or Yoga Australia but along with it, our excellent worldwide reputation.

Dear Monica and Gregor. Just wanted to mention once again how wonderful the TT was, it was so much more than a yoga teaching training, you touched our lives each day, by giving so much of yourselves, I don't think I really knew what yoga was until I met you, with every gesture, word and action you reflected what yoga really is and you taught us all a better way of living. I thank you both from the bottom of my heart for sharing unconditionally all your invaluable knowledge and for helping us see the great in ourselves. I will carry what you taught us in my mind, and also in my heart, for the rest of my life. Looking forward to seeing you on Level 2! Xime • Argentina • 2017



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.

Techniques Training

- **Asana** (Yoga postures): Asana is the bedrock from which all other yogic techniques arise. It forms the base from which success in higher yogic techniques can be integrated. You will learn the anatomical structure of asana, both from a personal, experiential point of view and from a teacher's corrective and adjustment viewpoint.
- **Pranayama** (breathing techniques): Learn how to use pranayama to harmonize the doshas (humors of the body) and thus attain a state of well-being and balance as well as how to still the mind, enabling spiritual insight. Additionally, you will learn how to liberate the breathing pattern, the use of breath waves, breath ratios, digital counting, contraindications and the therapeutic effects of all pranayamas. More advanced aspects of pranayama such as Bhastrika, external kumbhakas and Nadi Shodhana with both internal and external kumbhakas are also taught.
- **Mudras**: Mudras are a large group of yogic techniques that are designed to divert subtle energy (prana) into a particular direction for a specific yogic purpose. They are powerful tools to achieve success in asana, pranayama, kundalini raising and meditation. We will focus on samadhi mudras such as Bhramari and Shanmukhi Mudras.



- **Chakras:** The yogic chakras are representations of evolutionary brain circuitry with the lower three chakras representing our reptilian, mammalian and primate ancestry respectively. By understanding the chakras and skilfully meditating on them yoga offers the opportunity to activate higher brain centres and propel the evolution not only of the individual but of society as a whole.
- **Sanskrit Chanting:** Sanskrit is the sacred, ancient language of Yoga. The yogis say that knowledge is encrypted in sound. Correct pronunciation will automatically lead to yogic knowledge because Sanskrit is encrypted yogic knowledge. You will learn the correct pronunciation in a joyful, humorous way, giving you a tool to connect to this 10,000 year old living tradition.
- **Mantra:** Mantras are bioplasmic soundwaves that are consciously used to bring about positive change in your body, mind and surroundings. We will learn how to use a mala, various Japa, their meaning and significance as well as an array of Sanskrit & healing chants.
- **Meditation:** Meditation is the method of bringing your mind into a receptive state so that you can receive higher knowledge that is already there. For example Newton, Einstein, Mozart, Beethoven and Shakespeare received their respective physical laws, symphonies and dramas in a state of heightened awareness. Yogic meditation is a collection of scientific methods to bring about such awareness.
- **Samadhi:** This part of the course deals with the eight samadhis of the Yoga Sutra. The process towards the eight samadhis is exactly described and the methods to bring them about are taught. We will cover in detail the importance of the samadhis for the individual and for society. Of prime importance here is the reconditioning of the subconscious mind and its three tiers: physical, pranic and mental. To remove the obstacles from these three tiers asana, pranayama and meditation are used as an integral approach.



*If you want strength, be gentle.
If you want wealth, be generous.
If you want power, be kind.”*
Prem Rawat

- **Bhavana & Sankalpa:** Bhavana is one of the most frequently mentioned terms in the Yoga Sutra. It refers to the cultivation of thought patterns that are in alignment with the superconscious mind. There is a misunderstanding amongst modern yogis that we simply need to achieve stillness to overcome our problems. This is akin to saying that we need to stop the world turning to solve its problems. Bhavana and Sankalpa are tools that bring our mind in alignment with our higher purpose so that we can live a fulfilled life and develop our innate potential. For this to happen the three types of mind, conscious, subconscious and superconscious mind have to be brought into alignment. Through bhavana (cultivation) we accept ourselves to be a small part of an infinite intelligence and then allow ourselves to step aside and to let this super intelligence use us as a conduit and direct our life.
- **Jnana:** Jnana is not an alternative path to yoga but its culmination, its fruition. Jnana means that any techniqueing comes to an end and the yogi consecutively drops into deeper stratas of realization. During such contemplations there is absolutely no activity, but only a passive acceptance of what has always been there. Jnana consists of three steps of reflection, which are shravana - hearing of the truth, manana- contemplating the



truth until there is nothing within us that contradicts it and finally nididhysana - completely embodying the truth.

- **Bhakti:** Devotional yoga reminds us that what lifts us truly above our lower urges is our ability to love. This is called the divine urge. Yoga considers the Divine not to be something abstract, hovering above everything but an experiential force that is present in us, in all beings and everywhere at all times. The more devotion to that force, that unites us all and in which we move and have our being, we can muster in our practice and life the easier and faster we will succeed with yoga.

Anatomy of Asana

- Learn about the miraculous structure and function of our body to intelligently work with your own and other students' capabilities, limitations and full potential. You will develop a deep understanding of the effects of asana on the body that will enable you to teach yoga postures in an safe and helpful way to suit many different body types.
- Over the two levels we will explore the anatomy of many different postures within the major asana groups including back bends, forward bends, hip opening postures and inversions. We will also delve into teaching more complex asana eg, leg behind head and arm balancing postures. Through a deep understanding of our body's structure and movement patterns, we learn how to bring ease and grace to our practice and to teach with a quality of refinement that supports health and longevity.

Yoga as Physical Therapy

- We commence by exploring the nature of the various building blocks and living tissues that make up the fabric of our physical body. We will also study their healing capabilities and the factors that determine and affect our stiffness and flexibility levels. In this way we develop both respect and the ability to care for our body and others as well as reach our greatest physical potential.
- In Level 2 you will learn the principles of developmental movement patterns and physical therapy. Here we focus on the spine and many related anomalies and disorders including those of the neck and intervertebral discs. Practical therapeutic exercises and asana are given for a variety of common problems experienced by yoga students.

Level 3 covers common problems and therapeutic applications for the peripheral joints. This includes sacroiliac joint pain and dysfunction, pelvic torsions and imbalances, hip problems, knee pain and injury, foot, shoulder and wrist problems and headaches. Emotional anatomy is weaved into these conditions to bring a deeper understanding of the mind-body connection implicit in postural imbalances and physical and emotional pain.



"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."
Albert Einstein



Teaching Methodology

- **Healing Adjustments:** You will learn the science and art of adjusting wisely; how to give quality corrections and adjustments that educate, guide and transform safely. These will include verbal and light touch corrections as well as anatomically sound hands-on adjusting techniques.

In Level 2 we revise and expand on the Level 1 adjustments as well as more complex postures. In Level 3 we will learn adjustments of many of the postures of the Intermediate series of asana.

Monica draws on professional adjusting principles from her formal education as a Chiropractor. These techniques make her adjustments precise, effective, anatomically sound and safe. This is a highly practical component of the training where you will be both giving and receiving corrections and adjustments from your fellow trainees.



Training Manual

- An extensive training manual is provided to support your learning process throughout the course. Links to eBook copies of Gregor's books on Pranayama, Meditation, Samadhi, Divine Purpose, Chakras, and Mudras are also supplied.

Work Book

- A Workbook is given for you to complete and log your 15/30 non-contact training hours.

Certification & Registration

- Successful graduates will receive a Certificate of Completion. If you have already done our 200-hour Teacher Training you can use any or both of our 150-hour Immersions to upgrade to Yoga Australia Level 1 or Level 2 recognition. Our 150-hour Immersions can also be used toward 300-hour Yoga Alliance certification, which combined with a 200-hour certificate brings you to 500-hour status.



The Trainers

Gregor Maehle

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

Gregor started his yogic practices in 1978. In the mid-80's he commenced yearly travels to India where he studied with various yogic and tantric masters, traditional Indian sadhus and ascetics. Gregor spent 14 months in Mysore, India, and in 1997 was authorized to teach Ashtanga Yoga by K. Pattabhi Jois. Since then he has branched out into research of the

anatomical alignment of postures and the higher limbs of Yoga. He obtained his anatomical knowledge through a Health Practitioner degree and has also studied History, Philosophy and Comparative Religion.



In India Gregor also received eight months of mostly one-on-one instruction in scripture and the higher limbs of Yoga through BNS Iyengar, a student of T. Krishnamacharya. He studied Sanskrit under Professor Narayanachar and Dr. Chandrasekhar. Gregor lived several years as a recluse, studying Sanskrit, yogic scripture and practising yogic techniques.

Today, along with maintaining a daily practice of asana, pranayama, kriya and meditation, Gregor's research focus is the eight samadhis of Patanjali.

Gregor's 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*, *Samadhi The Great Freedom*, *How to Find your Life's Divine Purpose*, *Brain Software for a New Civilisation*, *Chakras, Drugs and Evolution* and *Mudras: Seals of Yoga* have sold over 100,000 copies worldwide and have been translated into nine different languages.

Gregor has been invited to many countries to teach and has contributed to and has been interviewed by numerous yoga magazines. Gregor is a noted blog writer whose regular posts can be found at www.chintamaniyoga.com.

Gregor is registered at the highest level with both Yoga Alliance and Yoga Australia. Today Gregor 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. His zany sense of humour, his manifold personal experiences, his vast and in-depth knowledge of scripture, Indian philosophies and yogic techniques combine to make Gregor's teachings easily applicable, relevant and accessible to his students. Read what some of the world's most influential teachers say about Gregor's work:

“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

Dr Monica Gauci

B Sc, B Chiro (Hons), Yoga Therapist (AAYT), E-RYT 500 Yoga Alliance, Level 3 Yoga Australia Membership

Monica has studied and practiced Yoga since 1978. Monica began her study with Hatha Yoga and a dedicated meditation practice. She practiced Iyengar Yoga for 13 years until she discovered Ashtanga Vinyasa Yoga in 1993. She undertook multiple journeys to Mysore, India and in 1996 was authorised to teach Ashtanga Vinyasa Yoga by K. Pattabhi Jois. Her education as a Rehabilitative Chiropractor inspires her to continuously study movement principles that support and promote a healthy body.



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.

In 1996 Monica and Gregor co-founded 8 Limbs Yoga School in Perth which they co-directed 21 years. Together they hold Teacher Trainings, retreats and workshops in Australia and abroad.

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



Guest Appearance

At times we may invite specialised teachers in for a 'guest appearance' on other topics.

Please expect regular appearances from our resident Yoga Masters Uma and Tin Tin. Besides their expertise on Upward and Downward Facing Dog postures they are also masters of devotion, loyalty, playfulness, unconditional love and other yogic qualities. They are known to inspire happiness and joy into the hearts of many.

*"To err is
human,
to forgive,
canine!"
Unknown*





What Our Students Say

“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 • 200-hr 2016

“My soul expanded, my heart lightened in every way with both of your beings your care your love your just excellent superb teaching, (I’m easily bored and I was never for one second), and furthermore the yoga techniques and meditation and pranayama, I have incorporated into my daily practice since then and that is the real beauty for me about receiving both your teachings, the sacred beauty of it all brings tears to my eyes.” **Niamh • 300-hr 2016**



*“Education
is the most powerful
weapon which you
can use to change
the world”*

Nelson Mandela



What Our Students Say

“The training was outstanding, it delivered exactly what I hoped... I completed the training armed with techniques, insights, and enthusiasm to continue to deepen the practice. Nearly one year on and the momentum keeps building, this was just what I needed to resolve uncertainties, receive direct and tailored advice, and to see first hand the effects of life-long yoga practice. To spend time in an immersion setting, living with and befriending Gregor and Monica is to absorb a breathtaking understanding of the evolution of the human heart and mind.”

Josh • 300-hr 2016

“I would highly recommend aspiring yoga teachers train with Monica and Gregor due to their authentic humble approach, extensive knowledge and experience, and passion for sharing the joy of all aspects of yoga. My time with them not only taught me critical technique, but was a transformational life experience that I cherish and apply every day. Monica and Gregor’s teaching is of the highest standard, inclusive, practical and holistic. I am forever their student and will work to ensure I do them and their teachers justice in my own teaching and practice.” **Jessica • 200-hr 2016**



“The level 2 Immersion is food for the soul. Monica and Gregor’s teachings encompass all the 8 limbs of yoga and are deeply rooted in decades of study and personal practice. The teaching style is thorough, generous and inclusive. I have come away feeling empowered with the techniques of pranayama, meditation, chanting, and understanding of anatomy that really help to ground and balance the physical asana practice. The immersion format is fantastic as it gives you time to focus on establishing yourself in the additional practices and feel confident in taking the information home to successfully integrate it into the daily yoga practice. I highly recommend Monica and Gregor’s trainings to anyone looking to deepen their study and understanding of yoga that goes beyond the physical asana practice.” **Milena • 300-hr 2016**



What Our Students Say

"Just eighteen days in the company of Gregor and Monica has not only changed the way that I practice and teach yoga, but has altered my whole intention. I left Crabbes Creek with a sense of purpose in what I do, and with an enriched passion--now equipped with a significantly developed understanding of dynamic anatomy in the context of

all yogic practices and how they relate to the philosophy, as well as to how we operate as teachers and practitioners in these times.

Their combined eighty years of experience shines through in what Monica once said to me: 'When we teach we hold nothing back; we teach in the hope that you'll one day become better teachers than us.' Six months have lapsed since the immersion and still I feel the ripples of your words. As ever, words can't fully articulate my gratitude."

Benjamin • 150-hr 2019



"Yoga teacher training with Gregor and Monica has been a life changing journey. Their technical knowledge and skill is mind blowing. They compliment each other beautifully -Monica's practical classes on 'hand's on' teaching is superbly detailed with an amazing focus on alignment and anatomy. Gregor's knowledge of the breath and yrony meditation aspects of yoga have taken my spiritual practice of yoga to a new level - this knowledge is not something you could ever get from a book. I'm so grateful for their wisdom, passion and kindness - Namaste!" **Joanne • 200-hr 2017**

"Dearest Monica and Gregor, thank you both for opening your hearts and sharing your wisdom. The ability to create a space in which everyone is perfect just as they are cannot be underestimated. There's an inexplicable kind of bliss in the metamorphosis of friends from strangers. And it's your tenacity, generosity and hope that has made this possible. We are bodies of water colliding to be a single ocean and I thank you. Big love always."

Bronwen • 200-hr 2015