

Gregor Maehle Workshop Bio

Gregor Maehle began his yogic practices forty-five 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 the anatomical alignment of postures and the higher limbs of yoga.

In India Gregor also received eight months of mostly one-on-one instruction in scripture and the higher limbs of Yoga through B.N.S. Iyengar, a student of T. Krishnamacharya, and he 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*, *Samadhi The Great Freedom*, *How to Find Your Life's Divine Purpose*, *Chakras, Drugs & Evolution* and *Mudras: Seals of Yoga* – have sold more than 100,000 copies worldwide and have been translated into eight foreign languages. Additional volumes currently prepared are *Tantric Meditation* and *Bhakti: Yoga of Love*. He has been invited to many countries to teach and has contributed to and been interviewed by numerous yoga magazines. On Gregor's blog page chintamaniyoga.com/blog/ you will find over 200 articles, videos and podcasts on all aspects of yoga, which Gregor has authored together with his wife Monica.

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, 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.