

About Gregor

Gregor started his Yogic practices 30 years ago. In the mid-80's he commenced yearly travels to India where he studied with various yogic and tantric masters and traditional Indian sadhus. Amongst others he studied 14 months with K. Pattabhi Jois in Mysore, India, and in 1997 was authorized by him to teach. 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 German Health Practitioner degree and has also studied History, Philosophy and Comparative Religion at German universities.

In India Gregor also received eight months of mostly one-on-one instruction in scripture and the higher limbs of Yoga through BNS Iyengar, like K.P. Jois a student of T. Krishnamacharya. Additionally he studied Sanskrit under Professor Narayanachar and Dr. Chandrasekhar. Gregor lived several years as a recluse, spending his days studying Sanskrit, yogic scripture and practising yogic techniques. Together with his wife he founded 8 Limbs in Perth in 1996. Today, along with maintaining a daily practice of the Primary, Intermediate and Advanced series of Ashtanga Yoga postures, Gregor's main research focus is Pranayama, Mudra and Meditation.

Gregor published *Ashtanga Yoga Practice and Philosophy* in 2006 and *Ashtanga Yoga The Intermediate Series* in 2009, which have sold over 50,000 copies and have been translated into several foreign languages. Gregor has been invited to many countries to teach and has contributed to and has been interviewed by numerous yoga magazines. He is currently working on books on Pranayama and Meditation.

Gregor is registered as a senior teacher with both Yoga Alliance (ERYT500) and Yoga Australia (Level 3 membership). 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 applicable, relevant and easily accessible to all his students.