



WHAT TO EXPECT

- It is a combination of an intense, flowing practice and hatha poses; with guidance of assists of your teacher (if appreciated) and music.
- So get ready to challenge yourself

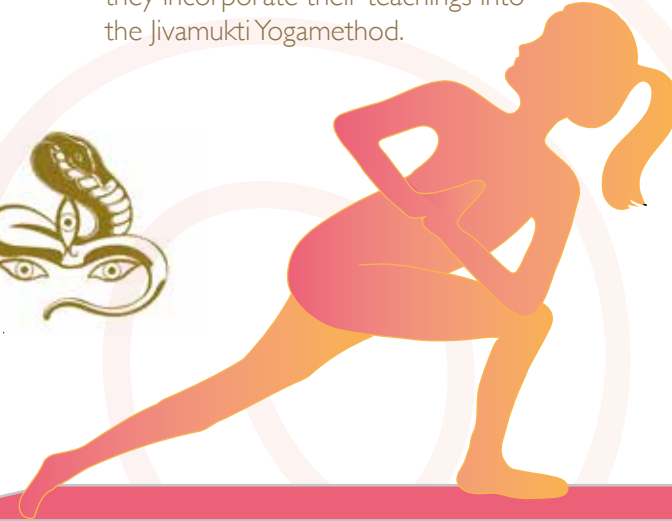


FOR WHO

- People looking for an inspiring yoga practice and experience
- People who are curious about yogic philosophy

JIVAMUKTI YOGA

- Founded by Sharon Gannon & David Life in 1984. Based on the teachings of Sri Brahmananda, Sri Nirmalananda and Sri K. Pattabhi Jois. With their blessings they incorporate their teachings into the Jivamukti Yoga method.



“You cannot do yoga. Yoga is your nature state. What you can do are yoga exercises, which may reveal to you when you are resisting your natural state” - Sharon Gannon -



YOGA
MONKEYS



BENEFITS

- Promotes a healthier and kinder lifestyle
- Emphasizes a non-violence attitude towards humans, animals & nature
- Sense of community
- Building strength and flexibility



NICE TO KNOW

- Jivamukti Yoga is seen as “yoga the whole package”. - Hip, hot and holy -
- Classes worldwide follow a theme drawn from the ‘focus of the month’ to explore the principles of yoga