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mit Tobias \u0026 Kathrin (Live Session vom 07.04.20) Letting go of  
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JVOp16

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Magic Ten Sharon Gannon \u0026 David Life Asana Slideshow **Jivamukti  
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Founded by artists in NYC's East Village in 1983, Sharon Gannon and David Life, Jivamukti Yoga is a highly meditative but physically challenging style of yoga. Sharon and David combined their Ashtanga background, learning from Sri K. Pattabhi Jois, with ancient and modern spiritual teachings: a Jivamukti class will incorporate chanting, affirmation, and meditations in a physically rigorous asana practice.

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The definitive guide to the Jivamukti Yoga Method The co-creators of Jivamukti Yoga present a clear road map to their popular yoga method in this engaging and accessible book. Gannon and Life also share stories about how they became yoga teachers and created Jivamukti Yoga, and about their deep relationships with their

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Jivamukti Yoga, which means "soul liberation", guides your body and soul into spiritual freedom, physical strength, peace of mind, better health, and Self-realisation - the ultimate goal of any practice. Gannon and Life help you understand each of the practices that comprise the yoga path to enlightenment:

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The Jivamukti Yoga method is a proprietary style of yoga created by David Life and Sharon Gannon in 1984. Jivamukti is a physical, ethical, and spiritual practice, combining a vigorous yoga as exercise, vinyasa-based physical style with adherence to five central tenets: shastra, bhakti, ahimsā, nāda, and dhyana. It also emphasizes

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animal rights, veganism, environmentalism, and social activism.

## **Jivamukti Yoga - Wikipedia**

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