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### Jivamukti Yoga Practices for Liberating Body and Soul by

As a professional yoga teacher, I kind of detest 'signature yoga methods' and I was vaguely creeped out by Gannon and Life's photo being worshipped on the altar at my local Jivamukti studio. However, this book is an amazing resource for teachers and students.

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### Jivamukti Yoga by Sharon Gannon David Life

Creators of the extremely popular Jivamukti Yoga method and cofounders of the New York City studios where it is taught, Sharon Gannon and David Life present their unique style of yoga for the first time in book form.

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### Jivamukti Yoga Official Site

Jivamukti Yoga teacher training is the most complete and rigorous training program in Yoga. I had practiced a lot of different yoga styles but when I discovered Jivamukti Yoga I understood that I ve found everything that I was searching for. Jivamukti Yoga makes you a totally different person happy and free from suffering.

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### Jivamukti Yoga Practices for Liberating book by Sharon

This book Jivamukti Yoga is very different than most yoga books in that it is about Yoga in a more holistic sense. It has some material on asana sequencing (very interesting I might add), but that is the smallest part of the book.

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### Jivamukti Yoga Wikipedia

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 hatha yoga, vinyasa-based physical style with adherence to five central tenets: shastra (scripture), bhakti (devotion), ahims (nonviolence, non-harming), n da (music), and dhyana (meditation).

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Their book gives readers a glimpse of the power of yoga to transform lives."--Trudie Styler, Cofounder of the Rainforest Foundation "Sharon and David sing the essence of yoga in their new book Jivamukti Yoga. Their book is amazingly accessible without being compromising to the tradition of yoga.

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### **Jivamukti Yoga Practices for Liberating Body and Soul**

Buy Jivamukti Yoga: Practices for Liberating Body and Soul 1 by Sharon Gannon, David Life (ISBN: 8601300232980) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders. Unlike many books about yoga, Jivamukti Yoga focuses not only on the physical postures but also on how they evolved--the origins of the practices

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