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

Jivamukti Yoga: Practices for Liberating Body and Soul by. Sharon Gannon, David Life 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. It wasn't until reading the Jivamukti yoga book

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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.

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### **Jivamukti Yoga by Sharon Gannon David Life**

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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.

<http://ebookslibrary.club/download/Jivamukti-Yoga--Practices-for-Liberating--book-by-Sharon--.pdf>

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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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