

JIVAMUKTI YOGA VINYASA KRAMA

Jivamukti Yoga is a rigorous Vinyasa practice developed by Sharon Gannon and David Life. Vinyasa is a method of practicing asana (physical poses), in a sequence, flowing one to the next, aligning one's breath and spiritual intention with movement. Jivamukti Yoga is grounded in the original meaning of the Sanskrit word asana as "seat, connection" - relationship to the Earth. Earth implies all of life. Citing Patanjali's Yoga Sutra, which states that asana should be sthira and sukham, Jivamukti Yoga maintains that one's relationship to others (asana) should be mutually beneficial and come from a consistent (sthira) place of joy and happiness (sukham).

These workshops start with an explanation and practice of Vinyasa Krama and continue by looking in greater detail into major Asana families, focusing deeply on alignment and psychological effects of each asana group.

Workshops with Tanya Popovich

WORKSHOP 1 – [17th October 2015 at 10:30-13:30]

Jivamukti Yoga Vinyasa Krama with emphasis on Standing Asana
Standing Asana reflect back to us something about our willingness to connect to the earth, to all beings and to all things in nature, resulting in confidence and balance.

WORKSHOP 2 - [17th October 2015 at 15:30-18:30]

Jivamukti Yoga Vinyasa Krama with emphasis on Inverted and Arm-balancing Asana

Inverted and Arm-balancing Asana develop deep inner confidence by helping us overcome fears. They bring balance and poise into every aspect of our lives, stimulating intuition and clarity.

WORKSHOP 3 - [18th October 2015 at 10:30-13:30]

Jivamukti Yoga Vinyasa Krama with emphasis on Back bending Asana
Back bending Asana helps us move forward into our future with grace and freedom not only by relieving tightness in the thighs, abdomen, chest, throat and face, but also by relieving related fears and other negative emotions that can be held in those areas.

WORKSHOP 4 - [18th October 2015 at 15:30-18:30]

Jivamukti Yoga Vinyasa Krama with emphasis on Forward Bending Asana.
Forward bending Asana takes us into our past, teaching us how to resolve old issues by letting go of negative emotions that become trapped in the hamstrings, the hips and the back.

Workshop Rates:

Single Workshop	€40
All 4 workshops	€140
All 4 workshops – Early bird discount*	€120

*(register before the 30th of September)

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