

KEYS TO OPEN YOUR YOGA PRACTICE

1. Yoga Mat
2. Cotton Asana Assistance Strap
3. Prop Squared (wood block)
4. Silky Relaxation Eye bags
5. Pose Enhancing Sandbags
6. Books
 - A. Light on Yoga B.K.S. Iyengar
 - B. Diet for a New America John Robbins
 - C. Fundamentals of Yoga R.S. Mishra, M.D.
 - D. Yoga Sutras of Patanjali Swami Satchidanada
 - E. Jivamukti Yoga: Practices for Liberating Body & Soul by Sharon Gannon & David Life (on-sale April 23)
7. Videos:
 - A. What is Yoga?
8. CDs & Cassettes:
 - A. Jivamukti Yoga Basic & Intermediate Class
 - B. Jivamukti Yoga Meditation & Relaxation
9. Practice Wear:
 - A. Unitard's, Tank Tops, Shorts, Pants, etc.

Everything you need for your practice is available at our in-center boutiques, from our mail order dept. at 1-877-1-AM-YOGA (1-877-426-9642) or on-line at www.jivamuktivyoga.com

Jivamukti Yoga Center is proud to offer its own line of yoga clothing, body care products, books & spoken word & recorded class videos, CD's & cassette tapes.

"ETERNITY IS HAPPENING NOW"

PLEASE RESPECT THESE GUIDELINES

1. Dress appropriately when you practice asanas. Do not wear see-through clothes that reveal too much. Both women and men must wear shirts at all times.
2. No street shoes are to be worn inside the Yoga Center. Store your shoes in the closet next to the elevator or in your locker.
3. Be sure to turn off your cell-phone and/ or beeper before entering class.
4. Do not undress in the asana rooms or in the hallways. Please use the dressing rooms or rest rooms for this purpose.
5. Store your bags and personal items in the shelves under the windows or under the stage area (in Brahma).
6. Please take all refuse (tissues, water bottles, etc.) out of the classrooms with you when you leave.
7. This is a place for spiritual practice but it is still a public space in the middle of New York City. The Yoga Center is not responsible for lost or stolen items. Take all valuables with you into class. Better yet, rent a locker to be safe.
8. Always remember these Ten Yogic rules of conduct:
 - Do not harm
 - Do not steal
 - Do not lie
 - Be modest
 - Do not be greedy
 - Be clean in thought, word and deed
 - Be content
 - Work hard, be disciplined
 - Study
 - Dedicate your efforts to the Divine
9. Our Center is committed to a space that is free of discrimination and harassment based on race, color, religion, age, sex, national origin, disability or any other basis protected by federal, state or local laws. In an effort to prevent such illegal harassment or discrimination from occurring, we communicate this policy to every student. Not student is exempt from this policy. Any student who believes he or she is being discriminated against or harassed based on any of the grounds stated above should report it immediately to the center management.

NEW STUDENT GUIDE



जीवमुक्ति योग केन्द्र

JIVAMUKTI YOGA CENTER

Downtown:

404 Lafayette St., 3rd Floor
New York, NY 10003
(212) 353-0214

Uptown:

853 Lexington Ave., 2nd Floor
New York, NY 10021
(212) 396-4200

लोकः समस्थ सुखीनोः भवन्तु

विविक्त इच्छावशतव इयमिच्छाव भवति

MAY ALL BEINGS EVERYWHERE
BE HAPPY AND FREE

FREQUENTLY ASKED QUESTIONS

WHAT KIND OF YOGA IS TAUGHT AT JIVAMUKTI?

Jivamukti Yoga, one of nine internationally recognized styles of Hatha Yoga is taught here. It is a vigorous form of yoga, which integrates chanting, asana (yoga postures), yoga philosophy and meditation into every class.

Jivamukti Yoga features five tenets:

Scripture:

study of the ancient yogic teachings, including Sanskrit chanting.

Bhakti:

acknowledgment that God realization is the goal of all yoga practices.

Ahimsa:

a non-violent, compassionate lifestyle which emphasizes ethical vegetarianism and animal rights.

Nada Yoga:

the development of a sound body and mind through deep listening.

Meditation:

connecting to that eternal unchanging reality within.

WHAT DOES “JIVAMUKTI” MEAN?

Jivamukti is a Sanskrit word. It means realizing that we can be both Divine and alive in a physical body.

The word Jiva means “Individual,” and Mukti means “Liberation.”

WHY IS CHANTING AND MEDITATION IMPORTANT?

By repeating the name of the Divine, we are reminded of the Divine. Eventually we come to realize that we are Divine. Meditation acts in the same way. By sitting still and watching our breathing, we cultivate the witness state, the state of being beyond the body and mind. Eventually we realize we are stillness.

IS YOGA A RELIGION?

No, Yoga is a philosophy. However, if you are practicing a religion, Yoga will deepen your experience of it.

WHAT IS YOGA?

It is usually defined as Union. The word Yoga comes from the Sanskrit word “yug,” or yoke. It means to recognize that we are irrevocably bound to the Divine, and therefore free.

HOW OFTEN SHOULD I TAKE CLASS?

It's best to practice every day. But if you can only take class twice a week, that's fine. You never lose what you learned. Just pick up where you left off!

WHAT SHOULD I WEAR IN CLASS?

Comfortable exercise clothing and your bare feet.

CAN I EAT RIGHT BEFORE CLASS?

Try to refrain from eating a meal at least two hours before class. It's not a good idea to have a lot of food in your stomach before practicing.

I JUST FOUND OUT I'M PREGNANT. CAN I START A YOGA PRACTICE?

Try our prenatal class first. If you're fairly athletic already, try one of our Basic classes.

DO I HAVE TO BE YOUNG TO PRACTICE YOGA?

No. Anyone, regardless of age, can practice Yoga. Of course, the practice of a 20-year old is different from that of a 50-year old. Through sensitivity and time, you will develop a practice that is right for you. Incidentally, our oldest student here at the Center is in her 60's.

WHAT IF I CAN'T DO EVERY POSTURE?

None of us can do “every posture!” If you get lost during class, pause for a moment and watch the other students.

WHAT IF I CAN'T EVEN TOUCH MY TOES?

To begin a practice, all you need is a flexible mind! With time and patience, flexibility will come.

WHAT ARE BASIC CLASSES?

These are ideal for all students who are new to the Jivamukti method, regardless of their prior yoga experience. Basic classes teach the fundamentals which apply to an Open class. For the first week of every month, Basic classes focus on standing poses. The second week focuses on forward-bending, the third week is backbending, and the fourth week is turning it all upside down and putting it all together! A beginner should attend as many classes as possible throughout the entire month in order to experience the entire four-week cycle.

WHAT'S THE DIFFERENCE BETWEEN AN IN-CLASS PRIVATE & A ONE-ON-ONE PRIVATE?

In an In-Class Private (ICP), you're given hands-on instruction through each and every movement in a group class. In a One-On-One Private, you can explore specific areas of interest – posture alignment, diet, chanting, philosophy, etc. Both kinds of privates are ideal for new students and can be scheduled through the front desk.

WHAT YOGA BOOKS SHOULD I READ?

A suggested reading list is available at the boutique. Everyone can benefit from reading different translations of

Patanjali's Yoga Sutras such as Dr. Mishra's Textbook of Yoga Psychology and Swami Satchidananda's Yoga Sutras.

IS IT NECESSARY TO BECOME A VEGETARIAN IN ORDER TO PRACTICE YOGA?

The goal of the yoga practice is to become non-violent toward all beings. A vegetarian diet, free of animal-based products, is a practice of non-violence, but is also a work in progress. Becoming a vegetarian is a personal choice that should occur without force. Make your decisions by beginning to observe how different foods make you feel during practice.