

On The Road With Jivamukti

The Art of Yoga Tour

"...this is a provocative, edgy book..." - *USA Today*
 "...rigorous dedication on every page..." - Elliot Erwitt, photographer
 "...inspiration for us all..." - Gil Friesen, President, Museum of Contemporary Art, Los Angeles
 "...divinely beautiful, serenely joyful...very hip..." - Narada Michael Walden, Grammy-award winning producer, drummer, composer

The Art of Yoga by Sharon Gannon and David Life, with a foreword by Ravi and Anoushka Shankar, presents stunning images of more than 100 asanas and represents a collaboration by Sharon and David with noted photographer Martin Bracing. These sublime, lavishly printed images, joined with brief excerpts from ancient Sanskrit text as well as Sharon and David's original commentary, demonstrate the ancient wisdom of yoga as a true art form. Journey to the West Coast and take a workshop or two at select locations, or stop by after a workshop for the free book signing, open to all.

MARCH

Yoga House of Bellevue with Sharon and David
 March 5th Seattle, WA
 For more information and registration:
 Call - (425) 644 - 8885 or visit www.yogahouseofbellevue.com
 Samadhi Yoga Center with Sharon and David
 March 6th Seattle, WA
 For more information and registration:
 Call - (206) 329 - 4070 or visit www.samadhi-yoga.com
 Holiday Johnson's Yoga Center with Sharon and David
 March 7th Portland, OR

For more information and registration:
 Call - (503) 224 - 8611 or visit www.holidayyogacenter.com

Yoga Company with Sharon and David
 March 8th San Ramon, CA

For more information and registration:
 Call - (925) 833 - 7818 or visit www.theyogacompany.com

Yoga Tree with Sharon and David
 March 9th San Francisco, CA

For more information and registration:
 Call - (415) 647 - 9707 or visit www.yogatreef.com

7th Heaven Yoga Center with Sharon and David
 March 11th Berkeley, CA

For more information and registration:
 Call - (510) 665 - 5647 or visit www.7thheavenyoga.com

Teacher Training and Certification

Become a certified Jivamukti Yoga Teacher! The course is taught by Sharon Gannon, David Life. Joining them are experts in Sanskrit and Anatomy, Manorama D'Alvia and Kriota Wilberg. The curriculum includes: asana practicals, scripture, anatomy, Sanskrit, chanting, viniyasa, pranayama, kriyas, meditation, and a historical overview of yoga philosophy. The Jivamukti Yoga Teacher Training program fulfills the Yoga Alliance's 200 hour certification requirements and is the only training program that Jivamukti will offer in the U.S. in 2003. This intense, 10 hour daily residential course includes room and board and vegetarian meals. For pre-requisite reading requirements, please visit our website at: www.jivamuktivyoga.com.

April 27th - May 23rd The Omega Institute at Rhinebeck, NY

For more information visit: www.jivamuktivyoga.com or www.omega.org

August 31st - September 27th Oberdorf, Austria

For more information: Call - (800) 295 - 6814 or (212) 353 -0214

U.S. Students Contact: andrea@jivamuktivyoga.com

International Students Contact: yogainmunch@yahoo.de

Retreats

MARCH

Maya Tulum Yoga Retreat with Kelly Morris, assisted by Estelle Eichenberger (Yogeswari)
 March 8th - 15th Yucatan Peninsula, Mexico

Spend an uninterrupted week exploring and deepening your practice of Jivamukti Yoga at Maya Tulum, a magical retreat on Mexico's Yucatan Peninsula. Three delicious meals are provided daily and include fresh fruit, vegetables and local Mayan cuisine. Yoga will be held in the grand palapa meditation hall. The fee includes lodging, meals and all yoga classes.

Fee: \$1800 (Airfare not included)

For more information and registration email Kelly Morris at: kvanidas@aol.com

APRIL

Mayan Riviera Retreat with Jo Hook and Laura Mansfield

April 5th - 13th Mayan Riviera /Tulum, Mexico

Spend a week at Amanala, an Eco-chic Resort situated in the serene Mayan Riviera. Daily meditation, asana class, workshop, kirtan, accommodations and 3 vegetarian meals per day are included in the fee.

Fee: \$1975 (Airfare not included)

For more information and registration call (917) 348 - 6767 or email: avataiyogaretreats@attglobal.net

MAY

Jivamukti Yoga and Tai Chi Retreat with Ruth Laurer Manenti and Robert Manenti

May 23rd - May 26th Ananda Ashram

Spend Memorial Day weekend at Ananda Ashram and deepen your practice of Jivamukti Yoga, Tai Chi and Meditation.

Ananda Ashram, nestled in the foothills of the Catskill Mountains just over one hour northwest of New York City, offers an opportunity to experience a completely transformative and integrated way of living and working. This retreat will focus on the individual's quest towards leading a more noble and angelic way of life.

Fee: \$425 before April 30; \$450 after (Includes transportation, lodging and meals)

For more information and registration call Jivamukti Yoga Center at (212) 353-0214 ext. 0. For information about Ananda Ashram visit: www.anandaashram.org

JUNE

Jivamukti Yoga Retreat with Estelle Eichenberger (Yogeswari)

June 7 - 8 Bern, Switzerland

Soak up hours of Jivamukti teachings in the medieval town of Bern. Explore the five tenets of Jivamukti yoga and take advantage of Bern's central location, an ideal starting point from which you can discover the beautiful country of Switzerland.

Fee: \$300 (Airfare and lodging not included)

For more information and registration: email Yogeswari at: estelleyoga@hotmail.com

Conferences

MARCH

Yoga Journal Conference: "Tradition and Innovation: Seeking The Authentic Heart of Practice"

March 13th - 16th Los Angeles, CA

Join Sharon, David, John Friend, Baron Baptiste, Ana Forrest, Rod Stryker and other innovators in yoga. This conference will explore what it means to have an authentic practice, no matter what form of yoga you choose. Renowned Buddhist scholar Robert Thurman and poet David Whyte, author of "Crossing the Unknown Sea," will kick off the event with inspirational keynote speeches.

For more information and registration: Call - (800) 561 - 9398 or visit www.yogajournal.com

JULY

Yoga for Living: "Six Days on Freedom: Teaching Yoga as Transformation and the Journey of Awakening"

July 20 - 27 Olympia, WA

Join Beryl Bender Birch, David Life, Doug Keller, Judith Lasater, Shiva Rea and Rod Stryker and explore the deeper dimensions of yoga as a technology of personal alchemy and liberation! Teachers and dedicated practitioners are invited to examine the intention they bring to their teaching and practice of asana and yoga sadhana.

For more information and registration: Call - (800) 650 - 5662 or visit www.yogaforliving.com

Jivamukti Yoga Center Presents:

NEW CD!

The new remix version of the acclaimed group Audio Letter is a pastiche of musical styles boldly spanning the landscapes of electro hi-hop, worldbeat, experimental jazz and psychedelia. The seven remixed pieces are a collaborative effort. The original members of the band, Sharon Gannon, Sue Ann Harkey, David Life and jazz greats, Denis Charles and Don Cherry are joined by Beastie Boy Mike D, with a pro-vegetarian message from animal rights activist John Robbins, djs Sean Dinsmore and Cheb i Sabbah, Sky Cries Mary's Rodrick Romero, Jeff Grienke from Hana, hip hop wonders, Russell Simmons and Rev Run (Run DMC) and audio wizard, Bill Laswell. They create a musical journey which shimmers with the dust of ancient wisdom and proves that great music doesn't have to be force-fit into a limited category. Produced by Sharon Gannon, available through Jivamukti, Meta Records and Amazon.com.



neti-neti
audio letter - remixed

neti-neti

neti-neti 7:01
it is not 4:00 (5) Liberation from Samsara 6:58
Paradigm 3:37 (6) Smoke and Mirrors 6:42
Exactly? 3:53 (7) Feeling Green 6:59



META RECORDS



NEW!

Dominion Book Club

Join us every Saturday afternoon from 4:00 - 5:00 PM from

Feb. 1st - March 29th (8 weeks) to read and discuss Matthew Scully's *Dominion* - the most influential book on animal rights in the last 25 years. Mathew Scully is Special Assistant and Senior Speech Writer to President George W. Bush. Chapter Readings will be followed by discussion. Readers include: Sharon Gannon, Maria Preuster, Julie Kirkpatrick and Christine Luzano. Come as often as you like! Drop-ins welcome. Pre-requisite reading: *Dominion*, by Matthew Scully.

Cost: FREE

Jivamukti Yoga Center, Munich

Director Patrick Broome

Grand Opening February 14, 2003

Jivamukti Yoga Center / Munich

Schellingstr. 63

80799 Munich, Germany

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Jivamukti Yoga Center

2003 Spring and Summer Calendar of Events

MARCH

Laughter and Cong. Ione Meditation Workshop with Swami Laramaji Nadananda

March 4 8:00 - 11:00 PM

They say that laughter is the best medicine, but did you know that laughter brings forth a spiritual quality that is beneficial to body, mind and soul? Swami Laramaji Nadananda has shared his gift of sound, consciousness and bliss internationally since 1979 through workshops and through his internationally distributed CDs, ShivaShakti Groove (Collective Records) and Divination (META Records). This empowering experiential, inspirational and educational workshop involves call and response chanting, soft flow exercises to open you up to your spontaneous, playful nature, and is followed by extended conscious laughter, deep meditative relaxation (to celestial gong tones) and grounding dance-movement. Dress lightly and comfortably...and expect to have some deeply serious fun!
Cost - Advance: \$40 Day of Event: \$45

Introduction to the Upanishads Workshop with Manorama D'Alvia

March 15 4:00 - 7:00 PM

Learn how to chant, translate, and discuss various verses of the Upanishads and awaken your inherent potential! This workshop introduces the student to sacred verses contained in various Upanishads.
Cost - Advance: \$25 Day of Event: \$30

4 week Upanishad Class with Manorama D'Alvia

March 21, 28 April 4, 11 9:00 AM - 12:30 PM

Shri Brahmananda Saraswati once said "The first step one should make in studying the ancient texts is to get in touch with one's own inner Upanishad; then, the outer text will have profound meaning." Immerse yourself in this 4 week class and learn the Mandukya Upanishad with Manorama.
Cost - \$225

APRIL

Nada Yoga Workshop with Bhagavan Das

April 5 4:00 - 7:00 PM

If music does indeed soothe the savage beast, what effect can it have on the average New Yorker? Find out by taking the Nada Yoga workshop with Bhakti Yogi Bhagavan Das! As a devotee and scholar, Bhagavan Das offers an unparalleled perspective on blending Eastern consciousness into the spiritual whirlpool of Western life. Bhagavan Das, author of *It's Here Now: Are You?* is a Master of chanting and Nada Yoga - the mysticism of sound. Learn how to reestablish the lost harmony and rhythm of the body and mind by utilizing the power of sound.
Cost - Advance: \$40 Day of Event: \$45

Sanskrit Alphabet Part 1A with Manorama D'Alvia

April 18, 25 May 2, 9 9:00AM - 12:30 PM

Experience Sanskrit as a joyful asana dance going on in your heart and mouth as we focus on sound vibration through the discovery of the five mouth positions! This class, open to beginners, yoga teachers and students of yoga, is an introduction to the Sanskrit language and is taught according to the unique method developed by Shri Brahmananda Saraswati.
Cost - \$225

MAY

Devotional Concert with Sista Shree Regina

May 10 7:00 - 9:00 PM

Join Sista Shree and groove to the "tonal vibrations" of India's Great Indus Valley meshed with the "ethereal yet earthy" rhythms of Harlem! In a truly organic way, Sista Shree's music weaves the sounds of the Mississippi Delta region, the black gospel church, the blues, jazz, funk, folk, soul, rock, rhythm and blues, and the wisdom of Ancient Africa with the tonal energies of Sanskrit and Vedic chants.
Cost - Advance: \$20 Day of Event: \$25

JUNE

Tantric Yoga with Rod Stryker

June 6 lecture 8:00 - 10:00 PM

June 7 class 5:30 - 8:30 PM

June 8 class 5:00 - 8:00 PM

Yograj Rod Stryker is widely regarded as one of the leading Yoga and meditation teachers in the United States. Rod Stryker is the creator of Pure Yoga, which aims to inspire and empower the individual to achieve his or her full potential in order to be a richer, more rewarding life.

Cost - Lecture - Advance: \$20 Day of Event: \$25

1 Class - Advance: \$35 Day of Event: \$40

2 Classes - Advance: \$65 Day of Event: \$70

Ashtanga Yoga with David Swenson

June 23rd: 10am - 1pm - Primary Series through the standing poses

June 24th: 10am - 1pm - The Primary Series

June 25th: 10am - 1pm - The dynamics of the second series

Recognized today as one of the world's foremost practitioners and instructors of Ashtanga Yoga, David Swenson made his first trip to Mysore in 1977 and learned the full Ashtanga system as it was originally taught by K. Pattabhi Jois. Take this rare opportunity to practice with David!

Cost - Advance: \$35/1, \$60/2, \$75/3 Day of Event: \$40/1, \$70/2, \$90/3

JULY

Vinyasa Yoga with Seane Corn

July 12 5:30 - 8:30 PM

July 13 5:00 - 8:00 PM

Intensely passionate about the deeper psychological and emotional aspects of yoga, Seane Corn uses a strong vinyasa flow asana practice as a creative tool to enable students to release the life stories that are held deep within the cellular structure of their bodies.

Cost - \$30/1, \$54/2

"The Lover's Life" Workshop with Shyam Das

July 18 8:00 - 11:00 PM

How does one develop and maintain a rich, devotional life? Join Shyam Das, author of *The Lover's Life*, in this satsang, and find out how to maintain peace through chanting, singing, and discussion of teachings inspired from the Grace lineage of Shri Yallabhacharya. Pre-requisite reading: *The Lover's Life* by Shyam Das. (available in our boutique)

Cost - Advance: \$30 Day of Event: \$40

Anatomy Workshops with Kriota Wilberg

July 10, 17, 24, 31 3:00 - 4:45 PM

Kriota Wilberg, former Western Massage Department Chair at the Swedish Institute of Massage and faculty member of the Jivamukti Yoga Teacher Training Program, has taught anatomy and massage since 1987. These anatomy workshops will take the student muscular and skeletal anatomy in a dynamic, palpable way, specific to the yoga practice. Learn how to intensify yoga postures and prevent injury through improved alignment. Please wear clothing that is body-hugging and comfortable and bring a towel. Handouts will be provided.

Cost - Advance: \$100 Day of Event: \$30

AUGUST

August 23

4:00 - 7:00 PM

Introduction to the Yoga Sutras Workshop with Manorama D'Alvia

Patanjali's Yoga Sutras is the definitive text on the philosophy of classical yoga. Learn and discuss the four padas with Manorama. Pre-requisite reading: *The Textbook of Yoga Psychology* by Shri Brahmananda Saraswati.
Cost - Advance: \$25 Day of Event: \$30

KIRTAN

Join us for beautiful kirtan singing,
Monday's at 8:00 PM!

Donations are welcomed.

February 3: Keshav Das
February 10 Keshav Das
February 17: Keshav Das
February 24: Keshav Das

March 3: Uma Saraswati
March 10: Uma Saraswati
March 17: Uma Saraswati
March 24: Uma Saraswati
March 31: Uma Saraswati

April 7: Bhagavan Das
(Suggested donation \$15)
April 14: Jo Hook
April 21: Jo Hook
April 28: Jo Hook

May 5: Keshav Das
May 12: Keshav Das
May 19: Keshav Das
May 26: Keshav Das

June 2: Keshav Das
June 9: Keshav Das
June 16: Keshav Das
June 23: Keshav Das
June 30: Keshav Das

July 7: Shyam Das
July 14: Shyam Das
July 21: Sista Shree Regina
July 28: Sista Shree Regina

August 4: Uma Saraswati
August 11: Uma Saraswati
August 18: Uma Saraswati
August 25: Uma Saraswati

All events located at Jivamukti Downtown unless otherwise noted.

To register, call: 212.353.0214 ext. 0

Events Coordinator: Carlos Menjivar: 212.353.0214 ext. 203

Image Design: Sue Ann Harkey

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404 Lafayette Street, 3rd Floor
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