



Top 3 Reasons To Visit Jivamukti Yoga Center:

1. "David Life and Sharon Gannon have inspired and encouraged us to think of yoga not just as a system of exercises but as a door to the infinite." — Sting
2. "Expressive yoga classes with ebullient teachers that whirl up your inner fire." — Paper Magazine
3. "If you can't get to India, the least you can do is walk over to Lafayette Street." — New York Magazine

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**"Without Jivamukti, yoga in the U.S. would still be the obscure practice of a few devotees."**

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—The New York Times

**T**he Sanskrit word "jivamukti" means, "liberation while living," a state of enlightenment available to all beings. Jivamukti Yoga is one of nine internationally recognized styles of Hatha Yoga and features five tenets:

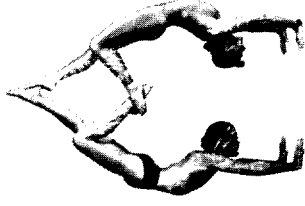
**Scripture:** study of the ancient yogic teachings, including Sanskrit chanting.

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

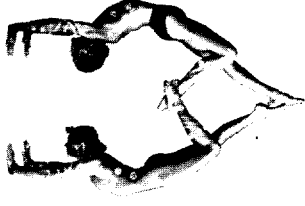
**Ahimsa:** a non-violent, compassionate lifestyle which emphasizes ethical vegetarianism and animal rights.

**Nada Yoga:** the development of a sound body and mind through deep listening.

**Meditation:** connecting to that eternal unchanging reality within.



# JIVAMUKTI®



JIVAMUKTI YOGA CENTER  
404 Lafayette Street, 3rd Floor  
New York, NY 10003

## Special Events

Jivamukti hosts a wide range of workshops, lectures, concerts and performances by internationally renowned spiritual teachers and artists. For details, see our online event calendar or pick one up from the front desk.

For detailed information on all Jivamukti classes, services, products and events, please visit our website at [www.jivamuktiyoga.com](http://www.jivamuktiyoga.com)

## 2 Locations

**Downtown:** 404 Lafayette St., 3rd Floor, NYC 10003  
(212) 353-0214 Fax (212) 995-1313

**Outside NY:** (800) 295-6814

**Uptown:** 853 Lexington Ave., 2nd Floor, NYC 10021  
(212) 396-4200

**Mail Order:** 1-877-JAM YOGA (1-877-426-9642)

— [www.jivamuktiyoga.com](http://www.jivamuktiyoga.com) —

Photos: Martin Bradley, James Carman, Claudio Marinnesco, Debra Shrum

|                     |            | DOWNTOWN CENTER 404 Lafayette St., 3rd Floor (212) 353-0214 |      |               |            |       |        |       |
|---------------------|------------|---|------|---------------|------------|-------|--------|-------|
|                     |            | Mon   | Tues | Wed           | Thurs      | Fri   | Sat    | Sun   |
| OPEN                | 8:00       | 8:00  |      | 8:00          | 8:00       | 8:00  | 9:30   | 9:00  |
|                     | 10:00      | 10:00   |      | 10:00         | 10:00      | 10:00 | 10:00  | 10:00 |
| BASIC               | 12:00      | 12:00   |      | 12:00         | 12:00      | 12:00 | 11:45  | 11:45 |
|                     | 12:45      | 12:45   |      | 12:45         | 12:45      | 12:45 | 12:00  | 12:00 |
|                     | 2:00       | 2:00  |      | 2:00          | 2:00       | 2:00  | 1:30   | 1:30  |
|                     | 4:00       | 4:00  |      | 4:00          | 4:00       | 4:00  | 2:00   | 2:00  |
|                     | 5:00       | 5:00  |      | 5:00          | 5:00       | 5:00  | 3:15   | 3:15  |
|                     | 6:15       | 6:15  |      | 6:15          | 6:15       | 6:15  |        | 5:00  |
| KIDS/TEENS          | 6:45       | 6:45  |      | 6:45          | 6:45       | 6:45  |        | 5:30  |
|                     | 8:30       | 8:30  |      | 8:30          | 8:30       |       |        |       |
|                     | 2:30       | 2:30  |      | 2:30          | 2:30       | 2:30  |        | 11:00 |
| FAMILY              | 6:00       | 6:00  |      | 6:00          | 6:00       | 6:00  | 2:30   | 2:30  |
|                     | 7:45       | 7:45  |      | 7:45          | 7:45       |       |        |       |
| PRE-NATAL           | 4:15 Teens | 4:15 Kids   |      |               |            |       | 1:00   |       |
|                     | Ages 10-17 | Ages 7-10   |      |               |            |       | Family |       |
| BABY & ME           | 10:00      | 10:00   |      | 10:00         | 10:00      | 10:00 | 9:15   |       |
|                     | 10:00      |   |      | 10:00         |            |       |        |       |
| LIVING w/DIS-EASE   | 12:00      |   |      |               |            |       |        |       |
|                     |            |   |      |               |            |       |        |       |
| SANSKRIT            |            |   |      |               |            |       |        |       |
|                     |            |   |      |               |            |       |        |       |
| SATSANG BY DONATION | 8:00pm     |   |      | 8:00pm        | 8:00pm     | 9:00  |        |       |
|                     | kirtan     |   |      | ananda ashram | meditation |       |        |       |

All classes are 1 hour. 35 minutes unless otherwise specified.

## Private Classes

**In-Class—Jivamukti** is the creator of this unique approach to a private class. In the knowledgeable hands of a certified teacher you are guided in each and every movement during a class. The teacher's hands almost never leave your body as they skillfully correct misalignments and aid progress moving you toward breakthroughs and new levels of awareness. This private can be scheduled in any Jivamukti class. Every serious practitioner of yoga should experience an In-Class Private at least once a month. Described by Sting as, "a state of the art experience."

**One-On-One**—Following the ancient tradition of one teacher—one student, you work intimately to customize a practice built around your specific needs—whether it be improvement of asanas or diet, or the study of philosophy or Sanskrit.

**Off-Site**—Enjoy the personal attention of private tutoring in the convenient setting of your home or office.

**Corporate**—Refresh your staff with a custom-designed yoga class held at your office or in one of our peaceful centers. Please call for specific details.

## Sanskrit Classes

**Sanskrit Alphabet & Grammar**—Uncover the mystery of the Sanskrit language and its sublime vibration as you delve into the yoga of sound. Four or eight-week course, pre-registration required. \$225

**Scripture Study**—Learn to chant the ancient yogic scriptures including the Bhagavad Gita, Yoga Sutras and Devi Mahatmyam. Eight-week course, \$225, individual class, \$33

## Satsang

A gathering of like-minded seekers of the truth. By donation.

**Ananda Ashram Satsang**—Meditation, chanting and readings from enlightened masters. Led by disciples of Shri Brahmananda Sarasvati.

**Kirtan**—Singing the name of God is essential to the path of devotional yoga. According to kirtan singer Krishna Das, it is able to "blow away the dust on the mirrors of our hearts, helping us feel happy and close to God."

**Meditation**—Learn meditation through detailed instruction and practice. Taught by Sharon Gannon. No experience required.

## Massage

A therapeutic massage session is a blissful way of keeping mind and body relaxed and focused. Particularly nice just after a yoga class. Our certified &/or NY State licensed therapists offer Swedish, Shiatsu, Deep Tissue, Aromatherapy, Reflexology, Lymphatic Skin Brushing, Reiki Treatments, Thai Yoga Therapy and Ayurvedic consultations.

Ask for our free catalogue. For mail orders, please contact the Jivamukti Yoga mail order department at: 1-877-JAM YOGA (1-877-426-9642) or online at [www.jivamuktiyoga.com](http://www.jivamuktiyoga.com)

## Fees

Class packs are only valid at location purchased.

### Open Class Packs:

|               |               |               |                |
|---------------|---------------|---------------|----------------|
| \$11.50/class | 30-Class Pack | 14 week limit | \$345          |
| \$14/class    | 20-Class Pack | 10 week limit | \$280          |
| \$15/class    | 10-Class Pack | 5 week limit  | \$150          |
| \$16/class    | 5-Class Pack  | 3 week limit  | \$80           |
| \$17/class    |               |               | Single Classes |

Prenatal/Baby & Me Class Packs: same savings as above, no expiration date

### Basic Class Packs:

|               |               |               |                |
|---------------|---------------|---------------|----------------|
| \$13.50/class | 30-Class Pack | 16 week limit | \$405          |
| \$16/class    | 20-Class Pack | 12 week limit | \$320          |
| \$17/class    | 10-Class Pack | 8 week limit  | \$170          |
| \$18/class    | 5-Class Pack  | 5 week limit  | \$90           |
| \$19/class    |               |               | Single Classes |

### Kids/Teens:

|            |                                   |              |                     |
|------------|-----------------------------------|--------------|---------------------|
| \$13/class | 5-Class Course                    | 7 week limit | \$65                |
| \$15/class |                                   |              | Single Classes      |
|            | Unlimited Classes at Both Centers |              | \$400/month         |
|            | Towel Rental                      |              | sm \$0.75/lg \$1.50 |
|            | Mat Rental                        |              | \$2                 |

**Special Bonus!** For every 2 weeks that you finish your 5, 10, 20 or 30 Class Pack prior to its expiration date, you will receive 1 free Class Pass upon immediate renewal. Unlike Class Packs, free Class Passes are transferable. They will be awarded only upon renewal of the same or larger Class Pack. You can not renew your Class Pack until all classes in your current pack have been used. No partial credit given.

### Private Classes

|   |        |            |                                 |
|---|--------|------------|---------------------------------|
| In-Class Private (ICP)                                      | 1 hour | 35 minutes | \$100                           |
| 1-on-1 Private at the Center                                |        |            | \$100/1st hour                  |
| 5-Class Private Card, 1-hour sessions with the same teacher |        |            | \$25 each additional 15 minutes |
| 1-on-1 Off-Site Private                                     |        |            | \$475                           |
|   |        |            | \$125/hour                      |

### Massage Therapy

|   |       |
|---|-------|
| 1-hour single-style massage   | \$100 |
| 1-1/2 hour single-style massage or combination of 2 styles            | \$150 |
| 5-Massage Card, 1 hour sessions                                       | \$475 |
| + Aromatherapy, an additional   | \$25  |
| + Reflexology, an additional  | \$25  |
| + Lymphatic Skin Brushing, new brush included, an additional          | \$35  |
| First time One-on-One, Massage, or In-Class Privates receive 20% off! |       |

**Gift Certificates are available for all services and boutique items.**

We accept cash, checks, Master Card, Visa, American Express and ATM cards. All class charges are non-refundable, no exceptions made. Fees and schedules are subject to change without notice.

### Sign-In Procedure

Classes are popular, so reservations are recommended. All reservations must be made the day of the class, no later than 2 hours before class time. Phone registration is available for Jivamukti scan-card holders—available free of charge—and first-time students only. You will be charged if you fail to show up for class without canceling. Students must arrive at least 15 minutes before class time to check in at the front desk. Reservations for students arriving less than 15 minutes before their class time can not be guaranteed.

Buy a class pack and receive 10% off purchases made that day!

Students with valid ID receive 20% discount!

UPTOWN CENTER 853 Lexington Ave. (btwn. 64th & 65th St.) (212) 396-4200

|           | Mon                           | Tues                          | Wed                           | Thurs                         | Fri                   | Sat           | Sun           |
|-----------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-----------------------|---------------|---------------|
| OPEN      | 9:30<br>12:00<br>4:00<br>6:00 | 9:30<br>12:00<br>4:00<br>6:00 | 9:30<br>12:00<br>4:00<br>6:00 | 9:30<br>12:00<br>4:00<br>6:00 | 9:30<br>12:00<br>4:00 | 9:30<br>11:30 | 9:30<br>11:30 |
| PRE-NATAL | 2:00                          |                               | 2:00                          |                               | 2:00                  |               |               |

"The spiritual, social... nexus of downtown New York" —New York Magazine

Jivamukti Yoga Center is a welcoming, non-competitive haven that embraces students of all ages, races and religious beliefs. Come learn from our extensively trained yoga teachers in a soothing and nurturing environment. Relax by our indoor waterfall, or renew and refresh yourself by stepping into our silent meditation temple, both at our downtown center. Browse our up-to-date yoga boutiques which offer mats, books, music and clothing.

# Jivamukti Classes

**Free Introductory Class**—A complimentary introduction to the Jivamukti method is offered to first time students on the last Sunday of every month. All levels are welcome.

**Open**—All levels of students are welcome. Every class includes flowing asana sequences, Sanskrit chanting, yogic philosophical teachings, breathing practices, meditation, and deep relaxation. Music plays an integral role and each class features a stunning soundtrack ranging from Indian ragas and Beatles to global trance. Inspirational recorded spoken word teachings from speakers including John Robbins, Dr. Martin Luther King, Jr., Ram Dass and the Dalai Lama provide educational and inspirational support.

**Basic**—Struggling with downward dog or trikonasana? Want to know what these terms even mean? Geared for beginners, but all levels are welcome to join this class focusing on the fundamentals.

**Prenatal**—Feel safe and empowered in this challenging but relaxing prenatal yoga class. Asanas are adapted to the ever-changing pregnant body with an emphasis on breathing, stretching and strengthening.

**Baby & Me**—A wonderful way for new parents to bond with their babies and peers. Postpartum issues are addressed including strengthening the lower back, skeletal re-alignment and adding tone to the abdomen and pelvic floor. For parents of babies 6 weeks to 12 months.

**Kids/Teens**—An introduction to yoga consisting of basic asanas followed by stories and discussions of issues relevant to contemporary youth drawing from the yogic tradition. Class time is one hour.

**Living with Dis-Ease**—A gentle class sensitive to the needs of people living with autoimmune disorders. This class focuses on strengthening the immune system and aiding in gastrointestinal regularity. Yoga philosophy, asana, breath work and meditation are combined in a nurturing environment. By donation.

