



## **Jivamukti Yoga® Immersion**

**Course 4405-741**

**with: Sharon Gannon, David Life, Gabriela Bozic, Yogeswari, and Shyamdas  
including Monday Ecstatic Chant with Krishna Das, Deva Premal & Miten,**

**Jai Uttal & Carioca**

**September 7-11, 2009**

This Jivamukti Immersion takes you deeper into the study of Jivamukti Yoga and its five tenets - Ahimsa, Scripture, Meditation, Nada and Bhakti. The Immersion is perfect for those wishing to delve into the practical and mystical practices of Jivamukti yoga. Jivamukti's passionate focus on the original meaning of the Sanskrit word "asana" -- as seat, connection--relationship to the earth -- is as practical as it is radical during this time of global consciousness shift. The immersion is mainly designed for Jivamukti Yoga teachers, but also for all yoga students from any discipline who would like to find out more about Jivamukti yoga. This will be a great chance to get inspired, to meet new and old friends, to catch up with fellow students, to network and to build a stronger community. The immersion is taught by the creators of the Jivamukti method: Sharon Gannon and David Life, along with their long time students: Gabriela Bozic and Yogeswari Eichenberger who will be joined by Kirtan singers: Shyamdas, Deva Premal & Miten, KD, Jai Uttal & Carioca all of who promise to make this week a mystical adventure into the transcendental.

### **The five day week will include:**

Daily Asana and Meditation practice

Chanting & Bhakti Yoga with Deva Premal & Miten, KD, Jai Uttal & Carioca.

Asana practical: Looking deeper into alignment

Scripture Exploration: Patanjali Yoga Sutra, (chapter I - First things come first!).

Ahimsa: Peaceful lifestyle emphasizing the integration of ethical vegetarianism

Vinyasa, Krama and Ksana: Lecture and practical

Meditation & Nada: Connecting to inner stillness and understanding the mechanics of the mind

The integration of Karma, Jnana & Bhakti Yoga

Q & A sessions with Sharon, David, Gabriela & Yogeswari—a chance for you to ask the questions you always wanted to ask.

Three abundant vegan meals each day

Time to enjoy the beautiful Omega Campus: massage, sauna, lake, & hiking

**Note to certified Jivamukti Teachers: All of your time spent in the Immersion will count as hours toward an 800 hours certificate in Jivamukti Yoga.**

Awakening the Best in the Human Spirit

**BIO: Sharon & David**

Sharon Gannon and David Life are the creators of the Jivamukti Yoga Method, which is a path to enlightenment through compassion for all beings. They have been recognized as innovators in Yoga by *Yoga Journal* and TIME magazine. *Vanity Fair* magazine credits them with making Yoga cool and hip. They are pioneers in teaching yoga as spiritual activism/activation. The Jivamukti Yoga method emphasizes asana, vinyasa, scriptural study, devotion, prayer, music, chanting and meditation as well as animal rights, veganism, environmentalism and political activism. The Jivamukti One-Month Residential Teacher Training Course is offered once a year at the Omega Campus. It is considered one of the highest standards for yoga certification in the world. There are Jivamukti Yoga Centers in the US, Canada, England, & Germany. Sharon and David are the authors of: Jivamukti Yoga, The Art of Yoga, Cats & Dogs are People Too! and Yoga and Vegetarianism and have produced and are featured in acclaimed yoga DVDs and music CDs. They have been blessed to teach by their Gurus; Shri Brahmananda Saraswati, Swami Nirmalananda and Shri K. Pattabhi Jois.

“Without Jivamukti Yoga would still be an obscure practice of a few.” –NY Times

“David and Sharon have inspired and encouraged us to think of yoga not just as a system of exercises but also as a door to the infinite.”—Sting, Jivamukti Yoga student

**BIO: Gabriela Bozic**

Gabriela Bozic, MA, is cofounder and codirector of the Jivamukti Yoga Centers in Munich, Germany. She holds a master's degree in linguistics and advanced certification in Jivamukti Yoga. Gabriela leads workshops internationally and is an established presenter at yoga conferences worldwide. A close and a long time student of Sharon Gannon and David Life, she is also a part of the international Jivamukti teacher trainings in the US and Germany. Her optimism and vivaciousness are contagious, her classes are powerful and challenging. However, no practice is as powerful as devotion and love, therefore, you will laugh a lot, sing a lot and talk about our true Divine nature in her classes. She has been featured in many German magazines and TV shows. She co-authored with Patrick Broome the book Yoga for Life: Reconnecting to Mother Earth with Jivamukti Yoga which has been published in German, Italian and Czech language.

**BIO: Yogeswari**

Advanced Certified Jivamukti Teacher, Yogeswari (Estelle Eichenberger) is a resident teacher at the Jivamukti Yoga Center in New York City for half of the year spending the other half teaching around the world. She has mentored many students and co teaches the Jivamukti Teacher Training Course with Sharon and David in the US and Europe. Yogeswari is the founder and president of AZAHAR Foundation, an international non-profit organization that promotes cross-cultural understanding and non-violent conflict resolution through Yoga and the Arts, giving special attention to women and children in conflict areas and disenfranchised communities. Yogeswari brings to her teaching, a 20-year background in choreography and dance. Born in Switzerland, she is fluent in five languages.

**BIO: Shyamdas**

Shyamdas has written and translated more than 20 books on the yoga of devotion and is a recognized speaker in the West as well as in India. He recently released a CD called *Beloved Chants*. He has lived in India for more than 30 years and currently lives between New York and India. He originally went to India to meet Neem Karoli Baba and then continued his Bhakti Yoga studies with His Holiness Goswami Prathameshji and other lineage acharyas. Shyamdas has also studied classical Indian music and specializes in the mystic devotional poets of North

India. He has given devotional teachings and has lead retreats in the United States, Europe, and India. He has sung with Sting, Mike D, Paul Simon, and Madonna.

## SCHEDULE

Monday	Morning	Arrival and check-in; <b>rooms are not available until 5:00 PM</b>
	12:00 PM - 1:00 PM	Lunch
	1:00 PM - 2:00 PM	Optional asana class
	2:00 PM - 6:00 PM	Ecstatic Chant session
	8:00 PM - 2:00 AM	Ecstatic Chant session
Tuesday	10:30 AM - Noon	Asana class (starts later because of late night Ecstatic Chant)
	3:00 PM - 5:00 PM	Scripture Exploration: Yoga Sutras
	8:00 PM - 9:30PM	Bhakti teaching and Bhajan
Wednesday	8:00 AM - 8:30 AM	Meditation
	8:45 AM - 10:45 AM	Asana
	11:00 AM - Noon	Asana practical: looking deeper into alignment
	3:00 PM - 5:00 PM	Ahimsa peaceful lifestyle that emphasizes the integration of ethical vegetarianism
	8:00 PM - 9:00 PM	Discussion; Q&A
Thursday	8:00 AM - 8:30 AM	Meditation
	8:45 AM - 10:45 AM	Asana
	11:00 AM - Noon	Lecture/practical Vinyasa Krama Ksana
	3:00 PM - 5:00 PM	Meditation & Nada: Connecting to inner stillness and understanding the mechanics of the mind
	8:00 PM - 9:00 PM	Discussion; Q&A
Friday	8:00 AM - 8:30 AM	Meditation
	8:30 AM - 9:30 AM	Asana
	10:00 AM - Noon	Q&A session and closing prayer