



Jivamukti® Yoga Teacher Training Certification

300-Plus-Hour Month-Long Residential Program

May 1 – May 27, 2016

- * Become a certified Jivamukti Yoga teacher
- * Transform your life—and the lives of others
- * Jivamukti Yoga, the “Gold Standard in Yoga Teacher Trainings,” is one of the most effective and popular forms of yoga in the world today

About Jivamukti Yoga

Jivamukti Yoga, developed by Sharon Gannon and David Life in 1984, offers the contemporary yogi a creative approach to living in the world today. Grounded in the ancient scriptures and ethical practices of yoga, Jivamukti, a Sanskrit word which means “living liberated,” is a practical philosophy that teaches how spiritual values can help us work with the challenges of everyday life with more joy, compassion and positive effectiveness.

By means of asana and other traditional yogic practices, Jivamukti Yoga provides a path to enlightenment for the sincere seeker. Its five foundational elements are:

Ahimsa (nonviolence and compassion towards all beings—by being kind to others you create an atmosphere of peace within and around yourself which extends into the greater world)

Bhakti (devotion—offering everything you do to something greater than your ego/small self— acknowledgment that Self or God realization is the goal of all yoga practices)

Dhyana (meditation—connecting to that unchanging reality of eternal joy within)

Nada (through sacred music and sonic techniques learn how to enhance the development of a sound body and mind through deep listening)

Shastra (the study of Sanskrit scriptures and how they apply to the here and now)

The Jivamukti Yoga Method is taught worldwide at Jivamukti Yoga Schools, and affiliated centers.

About The Teacher Training Program

This rigorous, month-long (300 plus-hour) residential teacher training certification program, for intermediate and advanced students, is considered by many to be the Gold Standard: the most comprehensive yoga teacher training available in the world today.

This training attracts international students from around the world and produces powerful, committed, informed and confident yoga teachers able to incorporate asanas, chanting, music, meditation, activism and scriptural study into a challenging practice leading to enlightenment.

The Jivamukti Yoga Teacher Training will provide you with a blueprint for incorporating the physical, psychological, spiritual and mystical aspects of yoga into modern life, without losing sight of the universal goal of the practice: liberation.

Because of Jivamukti Yoga's focus on a non-dualistic view of life (the interconnectedness of all), the practice awakens in the practitioner not only the need to protect the environment and all the animals and plants that share the planet with us, but provides the practitioner with skills to confidently achieve those goals for oneself as well as teach others how to live in harmony with the planet.

This training includes:

- Asana: You will be immersed in a daily practice as well as practical sessions which focus on standing poses, forward bends, twists, backbends, inversions and balances, including in depth exploration of vinyasa, sequencing and alignment
- How to give hands on assists to students while they are practicing asanas
- Sanskrit language immersion—you will learn to recite, read and write the Sanskrit alphabet as well as an exploration into the major yogic texts: *The Yoga Sutra of Patanjali*, *The Bhagavad Gita* and *The Hatha Yoga Pradipika*
- Meditation: You will learn to meditate and practice meditation twice a day as well as learn how to teach meditation to others
- How to practice and teach healing, purifying, and detoxifying hatha yoga kriyas
- The importance of a vegan diet in regards to human health, sustaining the eco-system, reducing violence in the world and as a means to enlightenment
- Physical and energetic anatomy of the human body
- Philosophy, ethics and activism: how to live a more effective and positive life
- Practice teaching: at the end of this training you will have the skill to begin teaching yoga classes right away

The Faculty

The program will be taught by yoga masters Sharon Gannon, David Life, along with senior teachers Emma Henry and Giselle Mari, who will be joined by Sanskrit expert Manorama and other world-class teachers. To ensure that every student receives the personal attention they need, students will be mentored in small groups by a dynamic team of advanced certified Jivamukti Yoga teachers from around the world.

Facilitators

Sharon Gannon and David Life, founders of Jivamukti Yoga, have been teaching yoga around the world for more than 25 years. They have been featured on the *Today Show* and PBS, and have been recognized as “innovators in yoga” by *Yoga Journal*. *Vanity Fair* credits Gannon and Life as “making yoga cool and hip” and *Time* magazine names Jivamukti Yoga as one of the important forms of hatha yoga taught in the world today. Pioneers in teaching yoga as spiritual activism and activation, Sharon Gannon and David Life are accomplished yogis, scholars, activists, authors, poets, and musicians, who teach the ancient methods of yoga in a modern context, making the ultimate spiritual goal of enlightenment accessible to all. They have been blessed by their teachers, Shri Brahmananda Sarasvati, Swami Nirmalananda, and Sri K. Pattabhi Jois, to create the internationally influential Jivamukti Yoga Method, which is a path to enlightenment through compassion for all beings. Pioneers in teaching yoga as spiritual activism/activation, they travel extensively teaching and presenting at American, European, Canadian, Asian, South and Central American and Conferences. They have produced numerous yoga-related DVDs and music CDs, They are prolific writers and have authored several books, including *Jivamukti Yoga* (also translated into German, Russian, and Italian), *The Art of Yoga*,

The Jivamukti Chant Book, Yoga and Vegetarianism (also translated into Italian, German, and Japanese), *Cats and Dogs Are People, Too!*, *Yoga Assists*, and the best-selling vegan cookbook *Simple Recipes for Joy*. Their essays and poetry have appeared in numerous publications, including *Yoga Journal* and the books *Toward 2012* and *Arcana V*. Sharon writes a monthly essay called *The Focus of the Month*, which can be read at jivamuktyoga.com. Sharon and David work to change the way people view spirituality, life, themselves, each other, animals, and the environment. They reside in a wild forest sanctuary in upstate New York.

Giselle Mari is an Advanced Certified Jivamukti Yoga teacher and E-RYT500 whose yogic path began in the early 90's. She's had the great honor to study extensively with her gurus Sharon Gannon and David Life who she also assisted throughout the western U.S. and served as a mentor on the Jivamukti Yoga Teacher Training faculty in both 2012 and 2014. Based in the San Francisco Bay Area, Giselle presents at yoga conferences, festivals and studios around the globe teaching dynamic and insightful classes with a spunky grounded approach to yoga. She's appeared on the cover of *Yoga Journal* and *Yoga International Magazine* as well as being featured in many of their articles. She is also featured in Kathryn Budig's book "*Women's Health: The Big Book of Yoga*". She is a columnist for *Origin & Mantra Magazine*, on the advisory board for *The Art of Yoga Project* and a teacher on [YogaGlo](http://YogaGlo.com). For more information: www.gisellemariyoga.com

Emma Henry was introduced to yoga in the mid 90s and has been teaching since 1998. Her background in dance and martial arts is evident in her dynamic, innovative and playful choreography and understanding of anatomy and the subtle body. Emma's yogic path has led her to Mysore from practicing Astanga with Sri K Pattabhi Jois and to advanced certification in the Jivamukti method with Sharon Gannon and David Life. Emma is an Advanced Certified Jivamukti Teacher and has served regularly as a mentor for the various international Jivamukti Teacher Trainings with Sharon Gannon and David Life. Originally from London, she has taught regularly at Jivamukti Yoga London, Indaba Yoga, Triyoga and is currently opening Jivamukti Yoga Center -Stockholm. She leads workshops and retreats around the world and is featured online and in various media outlets throughout Europe.
<http://movementformodernlife.com/videos?t=9>

Additional Special Guest Faculty

Sanskrit expert **Manorama** tours internationally to train students in the Path of Luminous Shabda, which brings meditation, Sanskrit, and yoga philosophy together to bridge sacred teachings into everyday life. Her style is one of earthy charm supported by deep scholarship and humor. She has released numerous CDs, including the acclaimed Learn to Pronounce Yoga Poses and Namoh Namah Invoke Reverence. sanskritstudies.org

Physical therapist **Lori Zucker** has been a clinician for the past 25 years and an adjunct professor at the University of Medicine and Dentistry of New Jersey for more than 15 years. A yoga practitioner since 2001, she integrates yoga into her physical therapy practice and is a member of the International Association of Yoga Therapists. She has been teaching anatomy to yoga instructors for more than six years, including instruction at Jivamukti Yoga® Teacher Trainings.

Curriculum briefly outlined

A. Techniques and Practice of Jivamukti Yoga... 48 hours

Learn to teach 2 full Jivamukti Yoga® class sequences (practice and memorization), kriyas, teaching and practicing meditation and chanting, teaching basics, and teaching mixed level classes (the “open class”).

B. Basic Sanskrit... 16 hours

Learn the Sanskrit alphabet in Devanagari script. You will be able to read and pronounce Sanskrit words, as well as some grammar, and explore the role of Sanskrit in a yoga practice.

C. Teaching Methodology... 38 hours

The Jivamukti Yoga® teaching method; the 5 tenets of Jivamukti Yoga® and the 14 requirements of Jivamukti Yoga® open classes; adjustments and assists for standing poses, forward bends, twists, backbends, inversions, and balances; the art of sequencing, energetics of assists and vinyasa krama; ethics of teaching yoga, including the types of teachers and students; teaching Jivamukti Yoga® sequences.

D. Anatomy and Physiology... 12 hours

Anatomy and physiology: basics of skeletal, muscular, respiratory, nervous and cardiovascular systems; injury and recovery; esoteric anatomy, including chakras, nadis, prana, granthi, and bandha.

E. Scripture, Philosophy, Ethics, & Lifestyle... 23 hours

Includes basic philosophy, Yoga Sutra of Patanjali, Bhagavad Gita, Hathayogapradipika, Karma, 7 Bhumikas.

F. Group Practicum... 12 hours

Includes class observation and transcriptions focusing on adjustment, sequencing, theme, and music.

G. Small Group Peer Review and Practicum... 17 hours

These are classes that you teach in a small group setting to hone your skills. Includes student teaching as well as observing and assisting in classes taught by others, oral presentation skills.

H. Satsang... 59 hours

Satsang combines many of the subjects of the course, including chanting, meditation, japa and mantra, nada yoga and music, community responsibility, ahimsa, vegetarianism, philosophy and practical skills for conducting satsang. Course quizzes, including a midterm and final test, are conducted as part of the satsang.

I. Pranayama principles and practice... 5 hours

This includes the principles and theory of pranayama, practical training in samavritti and visamavritti pranayama, including teaching methods.

Daily Homework... 20 hours

Each day includes a homework quiz to be completed and checked by the student’s mentor.

Prerequisite Spiritual Commentaries... 64 hours

Prior to attendance, three books and one essay must be read and a commentary must be written on each one. See below for details.

Requirements

Before your arrival at the course you need to:

- Have or establish a daily asana practice (preferably for at least 2 years)
- Submit full payment
- Complete the required reading and submit 4 spiritual commentaries (see below)
- Submit a signed Ethical Guidelines form, a signed Teacher Certification Agreement and a signed Medical Information Form.
- Memorize the Jivamukti *Balancing* class (volume 6) and the Jivamukti *Back Bending* class (volume 7), found in the Jivamukti CD/DVD Portable collection available at www.jivamuktiyoga.com as well as other retailers. You are advised to transcribe these classes and bring your typed/written transcriptions with you to the course. It cannot be emphasized enough that to be prepared for the TT course you must memorize these two classes.
- Have practiced the *Chakra Balancing* DVD by Sharon Gannon, also available at www.jivamuktiyoga.com as well as other retailers.
- Have read *Yoga Assists* by Sharon Gannon and David Life. Also, bring this book with you to the training. It is available digitally from www.jivamuktiyoga.com, Amazon Kindle, Barnes & Noble Nook, Apple iBooks, Kobo, Google Play, and Sony Reader as well as a print on demand hard copy book.

Please know that **the course is designed to prepare you to teach the Jivamukti Yoga style; it is not a yoga "retreat."**

Required Reading and Spiritual Commentaries

Guidelines for reading and writing your spiritual commentaries:

BOOK/ESSAY	SPIRITUAL COMMENTARY
1. <i>Jivamukti Yoga</i> by Sharon Gannon and David Life	Read the whole book and write one paragraph describing something you learned from the book. Write your commentary as if it were to be given as a spiritual teaching in a yoga class you would teach. The purpose of the exercise is to see that you have read the book and reflected on it. Do not use direct quotations from the book or from any other source, except at most a very brief phrase if absolutely necessary to make your point.
2. <i>Yoga and Vegetarianism</i> by Sharon Gannon	Read the whole book and write one paragraph describing something you learned from the book. Write your commentary as if it were to be given as a spiritual teaching in a yoga class you would teach. The purpose of the exercise is to see that you have read the book and reflected on it. Do not use direct quotations from the book or from any other source, except at most a very brief phrase if absolutely necessary to

3. *Autobiography of a Yogi* by Paramahansa Yogananda OR *The Journey Home: Autobiography of an American Swami* by Radhanath Swami

make your point.

Read either whole book and write one paragraph describing something you learned from the book. Write your commentary as if it were to be given as a spiritual teaching in a yoga class you would teach. The purpose of the exercise is to see that you have read the book and reflected on it. Do not use direct quotations from the book or from any other source, except at most a very brief phrase if absolutely necessary to make your point.

4. *Jivamukti Yoga Focus of the Month* essay

Choose one Focus of the Month essay posted on jivamuktivyoga.com from the current calendar year or the immediately preceding calendar year (so for a teacher training course in 2016, choose one essay from either 2015 or 2016). Read the essay carefully and write a one paragraph commentary on it. Write your commentary as if it were to be given as a spiritual teaching in a yoga class you would teach. The purpose of the exercise is to see that you have read the essay and reflected on it. Do not use direct quotations from the essay or any other source, except at most a very brief phrase if absolutely necessary to make your point.

Each spiritual commentary should be submitted before or on the first day of training and must be:

1. Length: one paragraph, no longer than 250 words
2. Font: Arial or Times New Roman, 10 point, single-spaced, not bolded
3. Print the title of the book or focus of the month essay immediately above your paragraph commentary for that book
4. Print ALL commentaries one after the other on one single sheet of plain 8.5 x 11 paper (or closest standard size for international students), double-sided. If you cannot print double-sided, then print all commentaries on no more than two sheets of paper, stapled together.
5. Include your name on the top of the page, or if using two pages then on the top of each page
6. DO NOT include plastic folders, fancy clips or anything like that with your commentaries; they should be submitted as one single sheet of paper (or at most two if you cannot print double-sided)
7. Please retain a copy for your own records

Spiritual commentaries can be submitted to Production Coordinator in person on the first day of training. Please do not mail your commentaries to Omega Institute .

All the books are available from www.jivamuktivyoga.com/shop or call 212.353.0214, ext 0.

Bring book #1 (*Jivamukti Yoga*) and *Yoga Assists* with you to Omega for the program; you do not need to bring the other books or the Focus of the Month essay.

Suggested Recommended Reading (listed in alphabetical order)

You do not need to read these books before the course or bring them with you, but they will elaborate on some of the topics to be studied in the course and thus can provide a good background for the course, as well as a resource for you after graduation. These books are available at www.jivamuktivyoga.com.

Also, if English is not your native language, you may want to consider buying and bringing a basic anatomy text in your native language.

A Garland of Forest Flowers by Swami Nirmalananda
Anatomy of Hatha Yoga by H. David Coulter
An Unnatural Order by Jim Mason
Animal Liberation by Peter Singer
Arcana V: Music, Magic and Mysticism edited by John Zorn
Asana Pranayama Mudra Bandha by Swami Satyananda Saraswati
Becoming Vegan by Brenda Davis R.D. & Vesanto Melina R.D.
Be Here Now by Ram Dass
Breaking the Food Seduction by Neal Barnard M.D.
Cats & Dogs are People, Too! by Sharon Gannon
Crazy Sexy Diet by Kris Carr
Diet for a New America by John Robbins
Dominion by Matthew Scully
Eternal Treblinka by Charles Patterson
Fundamentals of Yoga by Ramamurti S. Mishra (Shri Brahmananda Sarasvati)
Foundations of Tibetan Mysticism by Lama Anagarika Govinda
Gita Wisdom by Joshua Greene
Hathayoga Pradipika by Swami Muktibodhananda of the Bihar School of Yoga
Light on Yoga by B.K.S. Iyengar
Making Kind Choices by Ingrid Newkirk
Nada Yoga by Shri Brahmananda Sarasvati
Sanskrit-English Dictionary by M. Monier-Williams
Textbook of Yoga Psychology (Patanjali Yoga Sutra) by Ramamurti Mishra (Shri Brahmananda Sarasvati)
Thanking The Monkey by Karen Dawn
The Anatomy Coloring Book (3rd ed.) by Wynn Kapit & Lawrence M. Elson
The Art of Yoga by Sharon Gannon and David Life
The Bhagavad Gita by Winthrop Sargeant
The China Study by T. Colin Thomas & Thomas M. Campell
The Diamond Cutter by Geshe Michael Roach
The Food Revolution by John Robbins
The Life of Milarepa by Lobsang P. Lhalungpa
The Living Gita by Swami Satchidananda
The Magic of Empty Teachers by Geshe Michael Roach
The Myths and Gods of India by Alain Danielou
The World Peace Diet by Will Tuttle
The Yoga Sutras of Patanjali by Sri Swami Satchidananda
The Yoga Sutras of Patanjali by George Feurstein

The Yoga Tradition by Georg Feuerstein
Spiritual Nutrition by Gabriel Cousens, M.D.
Yoga by Alain Danielou
Yoga Assists by Sharon Gannon and David Life
Yoga Mala by Sri K. Pattabhi Jois
Your Right To Know by Andrew Kimbrell
101 Reasons why I'm a vegetarian by Pamela Rice

What will you need to bring?

Books you must bring to the training with you:

Jivamukti Yoga and *Yoga Assists*, both by Sharon Gannon and David Life

Personal items to bring to the training course with you:

Yoga Mat

Firm prop blanket

Block (cork or wooden is best)

Belt (6-8 feet)

Neti Pot (available at local health food stores or from jivamuktivyoga.com)

Skin Brush (available at local health food stores or from jivamuktivyoga.com)

2 Cloth napkins or face towels (to be used in place of napkins at meals or after washing hands)

Oil-free massage lotion (no massage oil please)

Notebook, pens, pencils (the workbook you will receive will not have space for taking notes, so please bring sufficient notebooks, as you will likely want to take a lot of notes)

Any special medications/treatments you may need

Sweater and/or warm jacket

Casual clothes

White clothing (to wear during evening satsang)

Yoga practice clothes

Several footwear options

Eye bag/eye pillow for shavasana (optional)

Bathing Suit (optional)

Camera (optional; no flash permitted)

Laptop Computer (optional)

Rain Coat (optional)

Umbrella (optional)

Note: recording of lectures and other sessions is not permitted, so please do not bring a voice or video recorder, or if you do bring one for your personal use, please do not bring it into the course sessions. Photographs are permitted, but without flash. No video recording permitted.

Month Overview

5/1	2:00 p.m.–6:00 p.m.	Check-In	7:00–11:00 p.m.	Intro Night Satsang: Orientation
5/2	8:00 a.m.–12:45 p.m.	2:00 p.m.–6:00 p.m.	8:00 p.m.–11:00 p.m.	
5/3	8:00 a.m.–12:45 p.m.	2:00 p.m.–6:00 p.m.	8:00 p.m.–11:00 p.m.	
5/4	8:00 a.m.–12:45 p.m.	2:00 p.m.–6:00 p.m.	8:00 p.m.–11:00 p.m.	
5/5	8:00 a.m.–12:45 p.m.	2:00 p.m.–6:00 p.m.	8:00 p.m.–11:00 p.m.	
5/6	8:00 a.m.–12:45 p.m.	2:00 p.m.–6:00 p.m.	8:00 p.m.–11:00 p.m.	
5/7	DAY OFF			
5/8	8:00 a.m.–12:45 p.m.	2:00 p.m.–6:00 p.m.	8:00 p.m.–11:00 p.m.	
5/9	8:00 a.m.–12:45 p.m.	2:00 p.m.–6:00 p.m.	8:00 p.m.–11:00 p.m.	
5/10	8:00 a.m.–12:45 p.m.	2:00 p.m.–6:00 p.m.	8:00 p.m.–11:00 p.m.	
5/11	8:00 a.m.–12:45 p.m.	2:00 p.m.–6:00 p.m.	8:00 p.m.–11:00 p.m.	
5/12	8:00 a.m.–12:45 p.m.	2:00 p.m.–6:00 p.m.	8:00 p.m.–11:00 p.m.	
5/13	8:00 a.m.–12:45 p.m.	2:00 p.m.–6:00 p.m.	8:00 p.m.–12:30 a.m.	Chant
5/14	9:00 a.m.–12:00 p.m.	2:30 p.m.–5:00 p.m.	8:00 p.m.–12:30 a.m.	Chant
5/15	9:00 a.m.–12:30 p.m.	Chant/Free Time		
5/16	8:00 a.m.–12:45 p.m.	2:00 p.m.–6:00 p.m.	8:00 p.m.–11:00 p.m.	
5/17	8:00 a.m.–12:45 p.m.	2:00 p.m.–6:00 p.m.	8:00 p.m.–11:00 p.m.	
5/18	8:00 a.m.–12:45 p.m.	2:00 p.m.–6:00 p.m.	8:00 p.m.–11:00 p.m.	
5/19	8:00 a.m.–12:45 p.m.	2:00 p.m.–6:00 p.m.	8:00 p.m.–11:00 p.m.	
5/20	8:00 a.m.–12:45 p.m.	2:00 p.m.–6:00 p.m.	8:00 p.m.–11:00 p.m.	
5/21	DAY OFF			
5/22	8:00 a.m.–12:45 p.m.	2:00 p.m.–6:00 p.m.	8:00 p.m.–11:00 p.m.	
5/23	8:00 a.m.–12:45 p.m.	2:00 p.m.–6:00 p.m.	8:00 p.m.–11:00 p.m.	
5/24	8:00 a.m.–12:45 p.m.	2:00 p.m.–6:00 p.m.	8:00 p.m.–11:00 p.m.	
5/25	8:00 a.m.–12:45 p.m.	2:00 p.m.–6:00 p.m.	8:00 p.m.–11:00 p.m.	
5/26	8:00 a.m.–12:45 p.m.	2:00 p.m.–6:00 p.m.	7:00 p.m.–11:00 p.m.	
5/27	No scheduled hours / Departure by lunch time			

A Sample Daily Schedule

7:00-7:45 amBreakfast
8:00 am-12:00 pmClass time
12:00-12:45 pmmentor group meeting
12:45-1:45 pmLunch
2:00-6:00 pmClass time
6:00-7:30 pmDinner
8:00-11:00 pmClass time

Course Fees

The tuition fee for the monthlong Jivamukti Yoga Teacher Training is \$6,650. Omega accommodations are additional, please see below. Space is limited, so please register early.

Omega Accommodations

All housing fees include meals. Omega housing is simple and comfortable, but not air-conditioned. Please see housing descriptions below.

Housing Information –

- **A Housing** Type A housing is a room you share with a roommate with a private bath in the room. If you do not register with a roommate, Omega will assign you one. Bed linens, pillow, blanket, and towels are provided. You may wish to bring extra towels or blankets. These cabins are heated. Wi-Fi. Handicapped accessible Type A housing is available. \$4,160.
- **B Housing** Type B housing is a room you share with a roommate, and you share the bath with one adjoining room. If you do not register with a roommate, Omega will assign you one. Bed linens, pillow, blanket, and towels are provided. You may wish to bring extra towels or blankets. These cabins are heated. Wi-Fi. \$3,328. Some B housing available as a single, share the bath with one adjoining room. \$4,706.
- **Dorm Single** A dorm single is a small private room in a cabin with the bathroom shared by a total of 8–12 guests. Omega does not provide all linens for dorm singles. You must bring your own sheets or sleeping bag and towels, or you may rent these from Omega for a small fee. Dorms are located uphill from mid-campus. Dorms are heated, but can be chilly. We make every effort to house guests in single gender dorms; however, depending upon enrollment, some dorms may be coed. Wi-Fi. \$2,938.
- **Commuter/Facility Fee** If you are a commuter not staying in Omega housing, there is a non-optional fee that covers Omega's overhead costs, meals, and use of the facilities, including optional classes, evening performances, sampler classes (during the week), the lake, walking trails, parking, and all guest services. An off-campus housing referral list is available. \$650.

For more information, call Omega Registration: 800.944.1001 (845.266.4444 outside USA).

Meals at Omega

Omega provides three delicious vegan meals per day for all Jivamukti Yoga participants during the monthlong teacher training. Prepared with both health and pleasure in mind, the food is fresh and locally and organically grown when available. Each breakfast, lunch, and dinner is served buffet-style. Lunches and dinners include a fresh salad bar.

In our Dining Hall, you can meet new friends as you gather for satisfying, nutritious meals. You can also visit the Omega Café for organic coffee, healthy baked goods, and much more.

A variety of vegan choices are available daily to Jivamukti Yoga participants:

Breakfast: Coffee, tea, juice, toast or cereal, oatmeal, miso soup, tofu scramble, grains, etc.

Lunch: Soups, salads, grains, pastas, main dishes with tofu, tempeh, or seitan, with sauces and vegetables

Dinner: Full dinner menu with salads, main dishes, soup, as well our Essentials Bar, which includes a selection of grains, steamed greens, and vegetables

Questions You Might Have

Are there any prerequisites?

Yes. Before your arrival at Name of Venue you need to submit full payment, a signed Ethical Guidelines form, a signed Teacher Certification Agreement and a signed Medical Information form. You must do your best to memorize Jivamukti Yoga Classes "Balancing" (Vol. 6) and "Backbending" (Vol. 7). You may want to transcribe these classes before the course and bring your transcriptions with you to the course. You must also have practiced the Chakra Balancing Yoga DVD by Sharon Gannon and feel confident of its content. Also, you must submit 4 required spiritual commentaries on or before the first day of the course.

What is the application process?

There is no formal application process, but registration is limited. Please register early to reserve a place. Contact for Registration: Omega Institute, 800.944.1001 (845.266.4444 outside the United States), or apply online.

Are there any scholarships offered?

Yes, scholarships based on financial need are available. Contact Omega at 845.266.4444.

What is the payment and refund policy?

A \$1,500 tuition deposit is required for the teacher training, plus 50% of the total all-inclusive accommodations fee. This will hold your place. The balance is due by April 1, 2016 (cancellation deadline). Refunds are available (less a \$100 processing fee) up to April 1; between April 1-14, you can get a nonrefundable credit on your account (less a \$100 processing fee). After April 14, all fees are nonrefundable. There is no refund if you leave the training early.

What does the fee include?

The program fee includes the course content, Spring Ecstatic Chant weekend admission, Jivamukti teaching manual, and a certificate of completion. Books, food, and accommodations are additional.

Do I have to stay at Omega Institute? Can I commute to the campus every day?

It is not required that you lodge at Omega Institute, if other nearby places to stay are available. But it is advisable that all students stay on campus as it is easier for them due to the long hours involved in the course and the intensity of the course. You may commute; however, you must be on time for the day's beginning and stay through to the end of the day. Please see the commuter fee under Fees/Housing Information below.

After I get certified can I automatically open my own Jivamukti Yoga Center?

Successful completion of the program will certify you to teach Jivamukti Yoga and that is a first step, but in order to open a Jivamukti Yoga center, you must have received **advanced certification**, which is not offered through this 300hr program. In addition, licensing to open a Jivamukti Yoga center is at the discretion of David Life and Sharon Gannon and will be given to those with advanced certification whom they believe meet their qualifications. It is permissible for studios now owned by a certified teacher to become a Jivamukti Yoga affiliate center if the requirements for affiliation are met:

<http://www.jivamuktiyoga.com/node/add/center?type=affiliate>

Does participation in this training program automatically confer certification as a teacher of Jivamukti Yoga?

Generally speaking if the student commits to being present for every class session offered during the course certification is assured, but if you don't show up for classes and refuse to do the required work including prerequisite readings and book reports you might not receive a diploma of certification at the time of graduation.

If I fail to get certified will I get a refund?

All fees for this training, including tuition and accommodations, are nonrefundable 30 days before the program begins.

Can I record the lectures and other sessions?

No. No audio or video recordings of any kind are permitted during the course. Still photographs are permitted without flash.

Are the accommodations at Omega Institute secure?

You will have a key to your room. While theft is rare it does happen on occasion, you should not plan to bring valuables with you to the course or to leave money or valuable in your room when you are out.

Meals

Meals are prepared with both health and pleasure in mind. Vegan meals will be served during the training. The food is fresh and locally and organically grown when available. Each breakfast, lunch, and dinner is served buffet-style. Lunches and dinners also include a raw salad.

Fees

The Jivamukti Yoga Month-Long Teacher Training Program tuition fee is \$6,650 USD. Food and accommodations are additional, please see below. Space is limited, so please register early.

Accommodations

All housing fees include meals. Housing is simple and comfortable. Please see housing descriptions above.

Registration: 800.944.1001 (845.266.4444 outside the United States), or apply online.

Foreign Language Translation

Please note that this course will be taught in English. All students who attend should arrive with a good understanding of English, even though it may not be their first language.

About Omega

Founded in 1977, Omega Institute for Holistic Studies is the nation's most trusted source for wellness and personal growth. As a nonprofit organization, Omega offers diverse and innovative educational experiences that inspire an integrated approach to personal and social change. Located on 200 acres in the beautiful Hudson Valley, Omega welcomes more than 23,000 people to its workshops, conferences and retreats in Rhinebeck, New York, and at exceptional locations around the world.

Jivamukti Yoga® Teachers Code of Professional Standards

(Ethical Guidelines)

SECTION 1: Statement of Purpose

The teachers of Jivamukti Yoga recognize the sensitive nature of the student-teacher relationship. We believe that it is the responsibility of the yoga teacher to ensure a safe and protected environment in which a student can grow physically, mentally and spiritually.

SECTION 2: Principles

In order to protect the student in this potentially vulnerable relationship, as well as to uphold the highest professional standards for yoga teachers, we agree to accept the following foundational principles:

1. To avoid discriminating against or refusing professional help to anyone on the basis of race, gender, sexual orientation, religion, or national origin.
2. To stay abreast of new developments in the field of yoga through educational activities and study.
3. To seek out and engage in collegial relationships, recognizing that isolation can lead to a loss of perspective and judgment.
4. To manage our personal lives in a healthful fashion and to seek appropriate assistance for our own personal problems or conflicts.
5. To provide rehabilitative instruction only for those problems or issues that are within the reasonable boundaries of our competence.
6. To establish and maintain appropriate professional relationship boundaries.
7. To cultivate an attitude of spirituality in our teaching, we dedicate our work to a force greater than our egoic selves.
8. To promote and adhere to principles of ahimsa we will do all we can to alleviate the suffering of all others including nonhuman animals and incorporate conscious principles of vegetarianism into our teaching and our lives.

SECTION 3: Professional Practices

In all professional matters, we maintain practices and teaching procedures that protect the public and advance the profession.

1. We use our knowledge and professional associations for the benefit of the people we serve and not to secure unfair personal advantage.
2. Fees and financial arrangements, as with all contractual matters, are always discussed without hesitation or equivocation at the onset and are established in a straightforward, professional manner.
3. We may at times render service to individuals or groups in need without regard to financial remuneration.
4. We neither receive nor pay a commission for referral of a student.
5. We conduct our social affairs with due regard to recognized business and accounting procedures.
6. We are careful to represent facts truthfully to students, referral sources and third party payers regarding credentials and services rendered. We will correct any misrepresentation of our professional qualifications.
7. We do not malign colleagues or other professionals.

SECTION 4: Student Relationships

It is our responsibility to maintain relationships with students on a professional basis.

1. We do not abandon or neglect students. If we are unable, or unwilling for appropriate reasons, to provide professional help or continue a professional relationship, every reasonable effort is made to arrange for continuation of instruction with another teacher.
2. We make only realistic statements regarding the benefits of yoga.
3. We show sensitive regard for the moral, social and religious standards of students and groups. We avoid imposing our beliefs on others, although we may express them when appropriate in the Yoga class.
4. We recognize the trust placed in and unique power of the student-teacher relationship. While acknowledging the complexity of some yoga relationships, we avoid exploiting the trust and dependency of students. We avoid those dual relationships with students (e.g., business, close personal, or sexual relationships) that could impair our professional judgment, compromise the integrity of our instruction, and/or use the relationship for our own gain.
5. We do not engage in harassment, abusive words or actions, or exploitative coercion of students or former students.
6. All forms of sexual behavior or harassment with students are unethical, even when a student invites or consents to such behavior involvement. Sexual behavior is defined as, but not limited to, all forms of overt and covert seductive speech, gestures and behavior as well as physical contact of a sexual nature; harassment is defined as, but not limited to, repeated comments, gestures, or physical contacts of a sexual nature.
7. We recognize that the teacher-student relationship involves a power imbalance, the residual effects of which can remain after the student is no longer studying with the teacher. Therefore, we suggest extreme caution if you choose to enter into a personal relationship with a student.

SECTION 5: Confidentiality

We respect the integrity and protect the welfare of all persons with whom we are working and have an obligation to safeguard information about them that has been obtained in the course of the instruction process.

1. All records pertaining to a student are stored or disposed of in a manner that assures security and confidentiality.
2. We treat all communications from students with professional confidence.
3. When supervising apprentices or consulting with other yoga teachers, we use only the first names of our students, except in those situations where the identity of the student is necessary to understanding of the case. It is our responsibility to convey the importance of confidentiality to the apprentice or consultant.
4. We do not disclose student confidences to anyone, except: as mandated by law; to prevent a clear and immediate danger to someone; in the course of a civil, criminal, or disciplinary action arising from the instruction where the teacher is a defendant; for purposes of supervision or consultation; or by previously obtained written permission. In cases involving more than one person (as student), written permission must be obtained from all legally accountable persons who have been present during the instruction before any disclosure can be made.
5. We obtain written consent of students before audio and/or video tape recording or permitting third party observation of their sessions.
6. When current or former students are referred to in a publication, while teaching, or in a public presentation, their identity is thoroughly disguised.

SECTION 6: Assistant, Student, and Employee Relationships

As yoga teachers, we have an ethical concern for the integrity and welfare of our assistants, students, and employees. These relationships are maintained on a professional and confidential basis. We recognize our influential position with regard to both current and former assistants, students and employees, and avoid exploiting their trust and dependency. We make every effort to avoid dual relationships with such persons that could impair our judgment or increase the risk of personal and/or financial exploitation.

1. We do not engage in sexual or other harassment of current assistants, students, employees or colleagues.
2. All forms of sexual behavior, as defined in Section 4.6, with our assistants, students and employees are unethical.
3. We advise our assistants, students, and employees against offering or engaging in, or holding themselves out as competent to engage in, professional services beyond their training, level of experience, and competence.
4. We do not harass or dismiss an assistant or employee who has acted in a reasonable, responsible and ethical manner to protect, or intervene on behalf of, a student or other member of the public or another employee.

SECTION 7: Interprofessional Relationships

As yoga teachers, we relate to and cooperate with other professional persons in our immediate community and beyond. We are part of a network of health care professionals and are expected to develop and maintain interdisciplinary and interprofessional relationships.

1. Knowingly soliciting another teacher's students is unethical.
2. Speaking of other teachers with disrespect is unethical.

SECTION 8: Advertising

Any advertising, including announcements, public statements and promotional activities, done by us or for us, is undertaken for the purpose of helping the public make informed judgments and choices.

1. We do not misrepresent our professional qualifications, affiliations and functions, or falsely imply sponsorship or certification by any organization.
2. Announcements and brochures promoting our services describe them with accuracy and dignity. These promotional materials should be devoid of exaggerated claims about the effects of yoga. We may send them to professional persons, religious institutions and other agencies, but to prospective individuals students only in response to inquiries or as long as that promotional material is sent to a reasonable audience in a noninvasive way.
3. We do not make public statements, which contain any of the following:
 - a. A false, fraudulent, misleading, deceptive or unfair statement.
 - b. A misrepresentation of fact or a statement likely to mislead or deceive because in context it makes only a partial disclosure of relevant facts.
 - c. A statement implying unusual unique, or one-of-a-kind abilities, including misrepresentation through sensationalism, exaggeration or superficiality.
 - d. A statement intended or likely to exploit a student's fears, anxieties, or emotions.
 - e. A statement concerning the comparative desirability of offered services.
4. Advertisements or announcements by us of workshops, clinics, seminars, growth groups, or similar services or endeavors are to give a clear statement of purpose and a clear description of the experiences to be provided. The education, training and experience of the

provider involved are to be appropriately specified.

ACKNOWLEDGED AND ACCEPTED:

Signature: _____

Print Name: _____

Date: _____

Bring this form signed on the first day of the program or sign and return to: Omega Institute, Attn: Jivamukti Training Coordinator, 150 Lake Drive, Rhinebeck, NY 12572. Send the form to Omega only if it will arrive prior to the first day of the program. You will not be allowed to participate in the program without submitting this form signed by the first day of the program.

Teacher Certification Agreement Jivamukti Yoga®

This Teacher Certification Agreement sets forth (i) the terms and conditions under which I will attend and participate in certain Jivamukti Yoga® teacher certification and training programs presented by Jivamukti Inc., a New York corporation (“JInc.”), and (ii) the terms and conditions governing my use of the Jivamukti Yoga trademarks, service marks, methods, techniques, systems, procedures and proprietary written and recorded materials.

I UNDERSTAND THAT BY SIGNING THIS AGREEMENT, I a.m. ENTERING INTO A LEGALLY BINDING CONTRACT, AND WILL BE BOUND BY THE PROVISIONS SET FORTH BELOW.

A. I understand and agree that, in order to become a certified Jivamukti Yoga teacher:

1. I must attend, fully participate in, and successfully complete a 300-hour certification course presented by JInc. (the “Jivamukti Yoga Teacher Training Program”), as more fully described in the course description materials available on the JInc. website at www.jivamuktியoga.com.

2. Whether I have successfully completed the Jivamukti Yoga Teacher Training Program will be determined by JInc. (or its designees), at its sole discretion, based on my demonstrated command of the skills necessary to teach Jivamukti Yoga classes.

B. I understand and agree that, if and when I become a certified Jivamukti Yoga teacher:

1. I am entitled to teach yoga classes in the method and style taught in the Jivamukti Yoga Teacher Training Program.

2. I may refer to myself as a “certified Jivamukti Yoga teacher.”

3. Each month that I teach Jivamukti Yoga open-level classes, I will teach the “focus of the month” for that month, the 14 Points, and incorporate the 5 Tenets.

4. I am entitled to apply for the Jivamukti Teacher Apprentice Program, which offers an 800-hour certification. I am also entitled to apply to take the Advanced Certification Board Exam, which, if passed, would qualify me as an Advanced Certified Jivamukti Yoga Teacher.

5. I must complete a Teacher Certification Continuing Education Session at least once per year in order to maintain my status as a certified Jivamukti Yoga teacher. A “Teacher Certification Continuing Education Session” is a yoga class, session, workshop, lecture, retreat, or meditation class taught by Sharon Gannon, David Life or their designees, or any authorized Jivamukti Immersion, anywhere in the world.

6. I must register online yearly in order to maintain my (free) listing on the currently certified Jivamukti Yoga teachers’ database at Jivamuktியoga.com (12/2011).

C. In addition to the foregoing, I understand and agree that:

1. The policies and requirements of JInc. set forth in this Agreement may be

supplemented from time to time by the policies and requirements of facilities owned by parties other than JInc. that may be used for the Jivamukti Yoga Teacher Training Program, and I agree to abide by all such third-party policies and requirements as a condition of my participation in such programs.

2. All materials provided in connection with the Jivamukti Yoga Teacher Training Program or otherwise provided by JInc., including without limitation, written or printed documents, photographs, audio and video recordings and software programs, and all copies and derivative works relating thereto (the “Jivamukti Yoga Materials”), are and will remain the sole and exclusive property of JInc., and I have only a limited, non-exclusive right to use the Jivamukti Yoga Materials to the extent necessary to teach Jivamukti Yoga classes during the period for which I am a certified Jivamukti Yoga Teacher.

3. “Jivamukti Yoga® ” (the “Trademark”) is a registered trademark of JInc., and I have the right to use it in connection with any product or merchandise only after approval by JInc.

4. I am permitted to use “Jivamukti Yoga® ” (the “Trademark”) to identify any classes I may teach that are strictly in the Jivamukti Yoga method and style.

5. I will, at my own expense, defend, indemnify, and hold harmless JInc. and its owners, directors, officers, employees, agents and representatives from and against any and all liabilities, claims, causes of action, suits, damages, including without limitation, suits for personal injury or death of third parties, and expenses, including reasonable attorneys' fees and expenses, for which JInc. becomes liable, or may incur or be compelled to pay by reason of my activities or my breach of the terms of this Agreement.

6. I acknowledge the ownership of the Trademark by JInc. and agree that I will do nothing inconsistent with such ownership, and that all use of the Trademark and all goodwill arising out of any use of it by me will inure solely to the benefit of JInc. I will not use any confusingly similar name or mark without the prior written approval of JInc., and will include all notices and legends with respect to the Trademark as are or may be required by applicable federal, state and local laws or which may be requested by JInc. I acknowledge and understand that nothing in this Agreement gives me any right, title or interest in the Trademark. The nature and quality of all services I perform in connection with the Trademark will conform to standards set forth in the Jivamukti Yoga Teacher Training Program and as otherwise established from time to time by JInc.

7. I am not, and will not hold myself out to be, an employee, subcontractor, representative or agent of JInc., and nothing herein constitutes or implies the existence of a partnership, joint venture or grant of a franchise between me and JInc. Any rights granted to me hereunder are personal in nature, and may not be transferred or assigned.

8. This Agreement will terminate, and all rights granted to me hereby will automatically terminate, upon the first to occur of: (a) my failure to successfully complete the Jivamukti Yoga Teacher Training Program; (b) my failure to comply with any of the terms and conditions of this Agreement; (c) my use of the “Jivamukti” name in any manner not expressly permitted by this Agreement or (d) my failure to adhere to the standards established by JInc. from time to time for certified Jivamukti Yoga teachers. Immediately upon the termination of this Agreement for any reason, I will return all Jivamukti Yoga Materials in my possession or control to JInc. Notwithstanding anything to the contrary contained herein, the provisions of sections C.3, C.5, C.10 and C.11 will survive any termination of this Agreement:.

9. JInc. HEREBY DISCLAIMS ANY REPRESENTATIONS OR WARRANTIES REGARDING THIS AGREEMENT, THE PRODUCTS, SERVICES OR TRANSACTIONS CONTEMPLATED HEREBY, INCLUDING (WITHOUT LIMITATION) ANY IMPLIED WARRANTIES OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE OR NON-INFRINGEMENT OR IMPLIED WARRANTIES ARISING OUT OF COURSE OF DEALING, COURSE OF PERFORMANCE OR USAGE OF TRADE.

10. JInc. WILL BE NOT BE LIABLE (WHETHER IN CONTRACT, WARRANTY, TORT (INCLUDING, BUT NOT LIMITED TO, NEGLIGENCE, PRODUCT LIABILITY OR OTHER THEORY), TO ME OR ANY OTHER PERSON OR ENTITY FOR ANY INDIRECT, INCIDENTAL, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF THIS AGREEMENT, EVEN IF JInc. HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH COSTS OR DAMAGES.

11. Any dispute concerning the terms of this Agreement will be resolved in accordance with laws of the State of New York, without regard to its principles of conflicts of law.

12. This Agreement sets forth the entire agreement between JInc. and me concerning its subject matter and supersedes any understandings or agreements to the contrary, including any oral representations or other statements. The failure of JInc. to enforce any provision of this Agreement will not constitute a waiver of any such provision or any other provision.

IN WITNESS WHEREOF, the parties have caused this Agreement to be executed as of the ____ day of _____, year of 20____.

Signature: _____

Print Name: _____

Acknowledged and Accepted:
JIV a.m.UKTI INC.

By: _____

Name:

Title:

Bring this form signed on the first day of the program or sign and return to: Omega Institute, Attn: Jivamukti Training Coordinator, 150 Lake Drive, Rhinebeck, NY 12572. Send the form to Omega only if it will arrive prior to the first day of the program. You will not be allowed to participate in the program without submitting this form signed by the first day of the program.

Medical Information

Yoga practices are intended as a personal growth experience and should not be used as a substitute for therapy. It can involve dramatic experiences, accompanied by strong emotional and physical release. Therefore, this training program is not appropriate for pregnant women or for people with cardiovascular problems, severe hypertension, mental illness, recent surgery or fractures, acute or infectious illness. If you have any questions about whether you should participate, please consult your physician or therapist, as well as the organizer of this Jivamukti training program, before entering into the training program.

Please check if:

- you are pregnant
- you have ever been hospitalized for psychiatric or medical reasons (note details on reverse)
- you are taking any medications. Which? _____
- you are currently in therapy or any support group
- there were complications at your birth (Caesarian, anesthesia, multiple births, etc.)
- you have attempted or seriously considered suicide (note details on reverse side.)

Do you have any history of the following:

- | | |
|---|---|
| <input type="checkbox"/> Cardiovascular disease or heart attack | <input type="checkbox"/> Headaches |
| <input type="checkbox"/> Family history of strokes | <input type="checkbox"/> High blood pressure |
| <input type="checkbox"/> Severe mental illness | <input type="checkbox"/> Aneurism |
| <input type="checkbox"/> Physical illness or injury | <input type="checkbox"/> Epilepsy |
| <input type="checkbox"/> Recent/current communicable disease | <input type="checkbox"/> Diabetes |
| <input type="checkbox"/> Glaucoma or retinal detachment | <input type="checkbox"/> Osteoporosis |
| <input type="checkbox"/> HIV+ | <input type="checkbox"/> Recent surgery |
| <input type="checkbox"/> Asthma (IF YES, BRING INHALER) | <input type="checkbox"/> Recreational drug use in last three days |
| <input type="checkbox"/> Alcohol or drug abuse | |

IF YOU ANSWERED "YES" TO ANY OF THESE QUESTIONS, PLEASE EXPLAIN ON THE OTHER SIDE OF THIS SHEET.

I hereby confirm that I have read and understood the above information and have answered all the questions completely and honestly and have not withheld any information. My general health, other than as noted, is good. I will not use alcohol or recreational drugs during the retreat. I agree to hold Jivamukti Yoga® Inc. and its agents harmless against all loss, damage, liability or expense arising out of, or in connection with anything owned or controlled by Jivamukti Yoga® Inc. or resulting from any acts, failure to act, or negligence of Jivamukti Yoga® Inc. or its agents.

I agree that my use of the premises, facilities and equipment of the Omega Institute is accepted at my own risk, and that the Omega Institute and Jivamukti Yoga® Inc. are absolved and discharged from all liability for any loss or damage I may incur of my personal property.

Signature

Print Name

Date

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Personal History

(For confidential use of staff and your facilitators)

Name _____

Hometown _____

Occupation _____

Age _____

If arriving by car:

Make/model _____ Plate# _____

Other mode of transportation, if not a car _____

Nearest friend or relative who will be available in the event of an emergency:

Name _____ Address _____

City _____ State _____ Zip _____

Country _____

Phone _____

MEDITATION EXPERIENCE

Is this your introduction to meditation? _____

IF NOT, list how many and what types of meditation sessions you have had:

JIVAMUKTI YOGA

Is this your first experience? _____

IF NOT, list how many and what other types of yoga sessions you have had:

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What the Press has to say about Jivamukti Yoga...

“Without Jivamukti, yoga would still be an obscure practice of a few.” —*NY Times*, USA

“Meet the innovators, David Life and Sharon Gannon are American originals who are shaping yoga today. Looking for a highly meditative but physically challenging form of yoga? Try Jivamukti. —*Yoga Journal*, USA

“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*

“Jivamukti’s highly regarded Yoga Teacher Training Course is the Gold Standard” —*Time Out NY*, USA

“New York City-based Sharon Gannon and David Life occupy a deservedly prominent position in the American yoga community, having not only done a great deal to help foster the burgeoning popularity of yoga but also done that as a by-product of decades-long study with a veritable pantheon of contemporary masters and a profoundly devoted practice. —*Yoga Journal*, USA

“Classes are demanding physically and emotionally, in keeping with the intention to re-spiritualize what the West was teaching as a purely physical exercise.” —*Connect Magazine*, Hong Kong, China

“David Life and Sharon Gannon just blow away the competition.” —*New York Magazine*, USA

“Jivamukti is the full package--more than just exercise.” —*Christy Turlington, Allure Magazine* USA

“...holistic vision extending to strict vegetarianism and hard-core animal rights activism” —*Vanity Fair* USA

“The pioneers of yoga in the United States, inspire us to appreciate life’s depth and breadth.” —*25*, Japan

“Jivamukti Yoga offers the tantalizing promise of not only a well-toned body, but salvation too.”—*Hinduism Today*, USA

“Es handelt sich dabei um eine kraftvolle Praxis, die Körper und intellect stimuliert und zu spirituelleum Bewusstsein fuhren mochte.” —*Yoga Aktuell*, Germany

“Meshing the spiritual and psychological elements of yoga with the physical ones, Jivamukti yoga forces students to confront both their bodily and emotional limitations.” —*Harpers and Queens*, UK

“Lean, flexible, vegetarian, poetry writing, theosophist, celestial American yogis...their salutes to the sun are done by the stars.” —*Sunday Morning Post*, Hong Kong

“ Jivamukti Yoga is the shape of things to come.” —*London Observer*, UK

“Lo yoga e uno stile di vita: fatto di meditazione, di posizione, di musica, canti, letture.”
—*Corriere Della Sera*, Italy

"There's a level of spiritual activism here. It's not just what you do on the mat. You are surrounded by it the second you walked into the door, and it's infectious." —*Yoga Journal*

"Once you make Jivamukti yoga part of your life, you will look different to the world and the world will look different to you" —*Yogi Times* USA

"Jivamukti Yoga (which means "liberation while living") fuses Dynamic vinyasa, music, chanting, and the embodied commitment to yoga's ultimate goal—enlightenment." —*Fit Yoga*

"Jivamukti Yoga may be synonymous with the glamour crowd, but what I discovered behind its door was anything but superficial.... depth dwelled inside the walls." —*New York Spirit* USA

"*Jivamukti* ...means "liberation while living," and the students of the method are taught to seek spiritual realization by beings agents of change in the world." —*Yoga Journal* USA

"Jivamukti Classes are addictive because they transform you from the inside out." —*Gaia*

"Sharon and David...charismatic yoga teachers for not only New Yorkers but for all citizens of the world...." —*Yogini* Japan

"All the spirituality of traditional yoga, but with a modern twist." —*Red Magazine*, UK

"Gannon and Life work hard to show that yoga is not just about health and fitness, and that spirituality can be congruent with the high-energy, vibrant lifestyle . . ." —*Yoga Journal* USA

"It's this dedication to promoting an integrated practice that makes Jivamukti the absolute antithesis of 'McYoga'. Without Life and Gannon and their rigorously 'pure' teaching, the West's yoga scene would have been left wide open to 'disco' yoga and yogalates." —*Harpers & Queen* UK

"I always learn something at Jivamukti; they really educate the students."—*Christy Turlington*, TIME Magazine

"It's a very liberating concept and, suddenly, I don't quite feel so self-conscious. All I can hear are Gannon's peaceful words: "Let go. Let go. Let go." And then a funny thing happens: I let go and manage to stretch quite a bit further. And it feels great." —*The Independent* UK

"The hottest and best yoga in town is performed at the unapologetically spiritual Jivamukti."—*New York Magazine* USA

What Graduates Are Saying About Jivamukti Yoga Teacher Training

"Deep into teacher training, I recall David-ji saying something like, "you can never go back" -- and not only is it true, but it is a total blessing to not go back to who you think you were. You will be changed forever, as I was, for the better, for the better of you, and therefore for the better of all beings everywhere. I am eternally grateful for the love and wisdom my divine teachers David-ji and Sharon-ji showered upon us so graciously, so honored to be embraced by the amazing lineage

that is Jivamukti Yoga.” —Jaimie Epstein, 2008

“Jivamukti Teacher Training is a life changing event. It is an immersion into the teachings of yoga, a month full of bhakti, asana, scriptural study, meditation and veganism. Being in a satsang like this is so valuable and beautiful, we all come together for one reason, yoga. The path to enlightenment starts here, at the Teacher Training, and where better than with the support of amazing yogis. By the end of the month, you will feel overwhelmed with love, boundless love. There are no words that can describe my gratitude to Sharon-ji and David-ji for spreading these teachings, the teachings become a way of life, and a very fulfilling life if you embrace it.”—Jessica Sjoo, 2010

“The Jivamukti Teacher Training was life-changing. To be surrounded by passionate yogis from around the world and taught by some of the very best teachers alive today was truly special. Sharon and David have refined every detail of the course so that every day flows perfectly into the next, and the wisdom offered can be absorbed and integrated into the experience. The friendships I made have already opened opportunities for me around the world, and I feel that many of these relationships will last throughout my lifetime. I am teaching yoga now, and the seeds that were planted at my Teacher Training are manifesting throughout my life, as I spread the light of what I learned into the world. I feel such deep gratitude to have had this experience.”—Derek Goodwin, 2011

“Every day of the training was awe-inspiring, challenging, and ultimately led us on our journey to self-realization, which is the true goal of yoga.”—Tina James Powis, 2005 Graduate

“At the Jivamukti Teacher Training, I made lasting connections with spiritual teachers and friends that have continued to inspire and transform my life to this very day. It is with deepest gratitude that I encourage you to deepen your own practice with this incredible opportunity.”—Kristina Pao Cheng, 2003 Graduate

“The training provides full immersion into yoga sadhana (practice) for one full month, without distractions from family, job, and personal habits. It is an opportunity to become pure, to be the best person one could possibly be, and to have psychological and spiritual breakthroughs that are enlightening and life transforming.”—Yogeswari, 2000 Graduate

“Eating vegan meals three times a day was great! I would recommend this teacher training because it will deepen your knowledge about yourself and your connection to others, which is the essence of yoga.”—Kumiko Buchman, 2006 Graduate

“The Jivamukti training will shift a person’s perception, creating the transformation to begin to live life from a yogic point of view. When that miracle happens, you are never the same. Sharon says, ‘Don’t just give a class, give an experience.’ That is what the Jivamukti Yoga Teacher Training is—an experience. It is a life changing experience and if one has an opportunity to take the training, I would advise strongly to do so.”—Michael Farewell, 2001 Graduate

“The Jivamukti Yoga Teacher Training was life changing. You will discover your true self in a vigorous learning atmosphere. It is more precious than any money can buy.”—Esther Widjaja, 2005 Graduate

“Highlights of my Jivamukti Yoga Teacher Training include the priceless opportunity to have daily intensive instruction; life-time connections with classmates and mentors from all over the world; a full month of dedicated study and practice; great vegan food; fresh air; and becoming

part of the global Jivamukti family. I encourage anyone who's interested in an authentic yoga teacher education to come to the Jivamukti Yoga Teacher Training."—Karl Straub, 2005
Graduate

"In a nutshell, the Jivamukti Yoga Teacher Training teaches you about yoga from the inside out. You get awesome training for how to teach asana and give excellent hands-on adjustments, backed up with juicy yoga philosophy that inspires every breath."—Marni Trask, 1997
Graduate