



Jivamukti Yoga: Practices for Liberating Body and Soul

By Sharon Gannon, David Life

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The long-awaited, complete guide to the popular, vigorous American method of yoga that is deeply rooted in ancient wisdom and scriptures

“In this day and age of health and fitness trends, it is assuring to know that Sharon and David encourage their students to draw inspiration from the classical texts of Yoga and timeless scriptural sources. What I appreciate so much about David and Sharon is how they help their Yoga students to understand and appreciate the wisdom of all the great saints and jivamuktas who have contributed to raising consciousness. Ultimately, it is Self-Realization, that is the true goal of Yoga.”

–SRI SWAMI SATCHIDANANDA

Creators of the extremely popular Jivamukti Yoga method and cofounders of the New York City studios where it is taught, Sharon Gannon and David Life present their unique style of yoga for the first time in book form. As they explain their intensely physical and spiritual system of flowing postures, they provide inspiring expert instruction to guide you in your practice.

Unlike many books about yoga, *Jivamukti Yoga* focuses not only on the physical postures but also on how they evolved—the origins of the practices in yoga’s ancient sacred texts and five-thousand-year-old traditions—the psychotherapeutic benefits that accrue with a steady practice, and the spiritual power that is set free when energy flows throughout the mind and body. Jivamukti Yoga, which means “soul liberation,” guides your body and soul into spiritual freedom, physical strength, peace of mind, better health, and Self-realization—the ultimate goal of any practice. Gannon and Life help you understand each of the practices that comprise the yoga path to enlightenment:

AHIMSA—*The Way of Compassion*: choosing nonviolence, respecting all life, practicing vegetarianism, living free of prejudice

ASANA—*The Way of Connection to the Earth*: postures and sequences, breathing, transforming energy, understanding the bandhas

KARMA—*The Way of Action*: creating good karma, giving thanks

NADAM—*The Way of Sacred Music*: appreciating the sacred sounds of yoga

MEDITATION—*The Way of the Witness*: how to sit still and move inward
BHAKTI—*The Way of Devotion to God*: living with love, grace, and peace

Whatever yoga you practice, *Jivamukti Yoga* will help you to strengthen and deepen that practice and lead you onto a path of spiritual clarity and self-discovery.

“If there is only one book you read about the practice of Yoga, this should be the one. Sharon and David are deeply dedicated students and teachers of Yoga who have the rare capacity to translate their profound understanding to the reader. This book is for anyone who wishes to find transformation through Yoga. I’m grateful for their work and teaching.”

**—STEPHAN RECHTSCHAFFEN, MD
Co-founder & CEO, Omega Institute**

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- Rank: #118012 in eBooks
- Published on: 2011-04-06
- Released on: 2011-04-06
- Format: Kindle eBook



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Editorial Review

Review

"Jivamukti has been a big influence in my life. I've read this book twice and expect to read it many more times. It's the bible of my spiritual practice."

—RUSSELL SIMMONS

"David and Sharon are great teachers in the fullest sense of the word—as guides and mentors they challenge and inspire. Their book gives readers a glimpse of the power of yoga to transform lives."

—TRUDIE STYLER

Cofounder of the Rainforest Foundation

"Sharon and David sing the essence of yoga in their new book *Jivamukti Yoga*. Their book is amazingly accessible without being compromising to the tradition of yoga. In the same breath I applaud them for their courage to be creative and daring in expressing their unique and gifted voices."

—RODNEY YEE

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From the Inside Flap

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Jane Riley:

Why don't make it to become your habit? Right now, try to prepare your time to do the important work, like looking for your favorite guide and reading a publication. Beside you can solve your short lived problem; you can add your knowledge by the e-book entitled *Jivamukti Yoga: Practices for Liberating Body and Soul*. Try to the actual book *Jivamukti Yoga: Practices for Liberating Body and Soul* as your buddy. It means that it can to be your friend when you sense alone and beside that course make you smarter than ever before. Yeah, it is very fortunated in your case. The book makes you a lot more confidence because you can know everything by the book. So , let me make new experience and also knowledge with this book.

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