



"JIVAMUKTI YOGA IN DERBYSHIRE"

5th NOVEMBER 2016

Imperial Rooms, Matlock, Derbyshire DE4 3NL

10.00am to 4.00pm

Investment - early bird £40 before 1st September, then £45 for the day (Booking essential)

"Come to the edge" workshop, a full day exploring the practices of the Jivamukti method.

The teachings of Jivamukti yoga constantly inspire us to be liberated whilst living. In fact Jivamukti yoga develops a compassionate way of acting in the world.

- Sanskrit chanting and scriptural study
- Meditation practice
- Philosophy from the 5 tenants of the method ahimsa, bhakti, shrastra, dhyana, nada.
- Hands on adjustments throughout the day
- Talk and discussion with group
- Andrea is an Advanced certified Jivamukti teacher and has been teaching the method since 2005 directly from her teachers Sharon Gannon and David Life. She is one of only a handful of UK teachers given this certification for the method. This workshop is for serious yoga practitioners, teachers, and student teachers. Please bring all yoga equipment to the session and a notebook for insights.

Please bring your own lunch, drinks will be provided

Late cancellations - Refunds will not be given unless your space can be filled

To book - Contact Sharon 01629 57896 or [e-mail sharon@sharonprice.com](mailto:sharon@sharonprice.com)

Please make cheques payable to 'Sharon Price and return to:

Sharon Price
2 Masson Terrace
Tansley
Derbyshire
DE4 5FH

Contact Sharon if you prefer to pay via bank transfer



WORKSHOP ON JIVAMUKTI YOGA 5th NOVEMBER 2016

- Name

Phone

- Address

Email

Please do not send post-dated cheques – thank you

Places can only be reserved with booking form and payment

जीवमुक्ति योग
JIVAMUKTI YOGA