

Jivamukti Class

Is back at Namaste with



Kristen Watson

Jivamukti Yoga, one of the nine internationally recognized forms of Hatha Yoga, was founded by David Life and Sharon Gannon in 1984. It is challenging vinyasa practice where the student is reminded of the goal of the practice-liberation or enlightenment. Incorporated into each class are the five tenets of Jivamukti Yoga: Scripture (drawing from the Source), Bhakti (devotion to God), Ahimsa (living an ethical lifestyle), Nada (yoga of sound), and Meditation (connecting to the unchanging reality within). **SAVE THE DATES**

August 23rd, September 19th, October 17th,

November 21st & December 19th

Time: 6:45-8:30pm

Cost: \$25 at the door or buy 5 classes for \$100 that's one class FREE

liteheartyyoga@gmail.com