



# Jivamukti Yoga: Practices for Liberating Body and Soul

By Sharon Gannon, David Life

[Download now](#)

[Read Online](#) 

**Jivamukti Yoga: Practices for Liberating Body and Soul** By Sharon Gannon, David Life

*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**

 [Download Jivamukti Yoga: Practices for Liberating Body and ...pdf](#)

 [Read Online Jivamukti Yoga: Practices for Liberating Body an ...pdf](#)

# Jivamukti Yoga: Practices for Liberating Body and Soul

By Sharon Gannon, David Life

**Jivamukti Yoga: Practices for Liberating Body and Soul** By Sharon Gannon, David Life

*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**

## **Jivamukti Yoga: Practices for Liberating Body and Soul By Sharon Gannon, David Life Bibliography**

- Sales Rank: #56768 in Books
- Brand: Gannon, Sharon/ Life, David
- Published on: 2002-04-23
- Released on: 2002-04-23
- Original language: English
- Number of items: 1
- Dimensions: 9.20" h x .80" w x 7.30" l,
- Binding: Paperback
- 320 pages



[\*\*Download Jivamukti Yoga: Practices for Liberating Body and ...pdf\*\*](#)



[\*\*Read Online Jivamukti Yoga: Practices for Liberating Body an ...pdf\*\*](#)

## Download and Read Free Online Jivamukti Yoga: Practices for Liberating Body and Soul By Sharon Gannon, David Life

---

### 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

#### From the Inside Flap

"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

#### From the Back Cover

"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

## Users Review

### From reader reviews:

#### Dwayne Moseley:

Book is to be different for every single grade. Book for children until eventually adult are different content. To be sure that book is very important for all of us. The book *Jivamukti Yoga: Practices for Liberating Body and Soul* has been making you to know about other know-how and of course you can take more information. It doesn't matter what advantages for you. The publication *Jivamukti Yoga: Practices for Liberating Body and Soul* is not only giving you much more new information but also to get your friend when you experience bored. You can spend your spend time to read your guide. Try to make relationship with the book *Jivamukti Yoga: Practices for Liberating Body and Soul*. You never experience lose out for everything when you read some books.

#### William Burns:

Exactly why? Because this *Jivamukti Yoga: Practices for Liberating Body and Soul* is an unordinary book that the inside of the book waiting for you to snap that but latter it will shock you with the secret that inside. Reading this book close to it was fantastic author who have write the book in such incredible way makes the content inside of easier to understand, entertaining technique but still convey the meaning completely. So , it is good for you for not hesitating having this nowadays or you going to regret it. This amazing book will give you a lot of gains than the other book have such as help improving your proficiency and your critical thinking way. So , still want to delay having that book? If I were you I will go to the reserve store hurriedly.

**Steven Holloway:**

Do you have something that you like such as book? The publication lovers usually prefer to pick book like comic, brief story and the biggest you are novel. Now, why not striving Jivamukti Yoga: Practices for Liberating Body and Soul that give your fun preference will be satisfied by simply reading this book. Reading addiction all over the world can be said as the opportunity for people to know world much better than how they react when it comes to the world. It can't be claimed constantly that reading practice only for the geeky particular person but for all of you who wants to be success person. So , for every you who want to start examining as your good habit, you may pick Jivamukti Yoga: Practices for Liberating Body and Soul become your personal starter.

**Walter Knight:**

Beside this specific Jivamukti Yoga: Practices for Liberating Body and Soul in your phone, it could possibly give you a way to get nearer to the new knowledge or info. The information and the knowledge you may got here is fresh from your oven so don't become worry if you feel like an older people live in narrow community. It is good thing to have Jivamukti Yoga: Practices for Liberating Body and Soul because this book offers to you personally readable information. Do you often have book but you don't get what it's facts concerning. Oh come on, that wil happen if you have this within your hand. The Enjoyable option here cannot be questionable, just like treasuring beautiful island. Techniques you still want to miss that? Find this book as well as read it from today!

**Download and Read Online Jivamukti Yoga: Practices for Liberating Body and Soul By Sharon Gannon, David Life #UH7XEJ4IRQT**

## **Read Jivamukti Yoga: Practices for Liberating Body and Soul By Sharon Gannon, David Life for online ebook**

Jivamukti Yoga: Practices for Liberating Body and Soul By Sharon Gannon, David Life Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Jivamukti Yoga: Practices for Liberating Body and Soul By Sharon Gannon, David Life books to read online.

### **Online Jivamukti Yoga: Practices for Liberating Body and Soul By Sharon Gannon, David Life ebook PDF download**

**Jivamukti Yoga: Practices for Liberating Body and Soul By Sharon Gannon, David Life Doc**

**Jivamukti Yoga: Practices for Liberating Body and Soul By Sharon Gannon, David Life Mobipocket**

**Jivamukti Yoga: Practices for Liberating Body and Soul By Sharon Gannon, David Life EPub**

**UH7XEJ4IRQT: Jivamukti Yoga: Practices for Liberating Body and Soul By Sharon Gannon, David Life**