



July 23rd - 25th 2011

# Jivamukti with cat Weekend from London



Enjoy a weekend with an advanced certified Jivamukti teacher from London!

Jivamukti Yoga is a method of yoga that was created by David Life and Sharon Gannon in 1984, which reintegrates the physical, philosophical and spiritual aspects of Yoga. The emphasis in the west has been on Yoga as mostly a physical practice. More and more people are achieving firmer bodies through regular yoga classes. But many are finding something more: what starts out as a purely physical practice creeps into the hearts and minds of even the least spiritual practitioners.

cat will emphasize vigorous asana as primary technique, but other practices such as meditation, devotional chanting and study of the ancient texts will also play an important role on this weekend.

Saturday, July 23th		Sunday, July 24th		Monday, July 25th	
12:15 – 1:45 pm	Jivamukti open class (based on focus of the month)	11:30 – 2:00 pm	Workshop "Empty your cup" (Shoulder & Hip openers)	7:00 – 8:30 pm	Jivamukti open class (based on focus of the month)
2:30 – 5:00 pm	Workshop "Nature is guru" (Inversions & Arm Balances)				



### Catherine (cat) Alip-Douglas

From the fashion floors of Condé Nast in New York to the wooden floors of Jivamukti Yoga in London, cat has officially traded in her Manolo Blahniks for a more 'grounded' approach to life... in bare feet.

cat hails from New York City and has been calling London home since early 2004. She is privileged and blessed to have been part of Jivamukti London since its inception in 2005 and continues to serve as Advanced Certified Teacher, Assistant Director and mentor for the 800-hour apprenticeship programme. Gratitude to all who helped me... get here and now...

For more information on Jivamukti Yoga London and the sangha that keeps it together, please visit: [www.jivamuktivyoga.co.uk](http://www.jivamuktivyoga.co.uk)

To find out about cat's teaching schedule within and outside of London: [www.iamthatnotcat.com](http://www.iamthatnotcat.com), [www.facebook.com/jivamukticat](http://www.facebook.com/jivamukticat) and [www.jivamuktivyoga.co.uk](http://www.jivamuktivyoga.co.uk)

### Prices

Whole program (2 classes + 2 workshops)	EUR 135/EUR 120*
Both classes	EUR 60/EUR 55*
Both Workshops	EUR 80/EUR 75*
Single Class	EUR 32
Single Workshop	EUR 42

\* early registration and payment before June 1st. Also valid for PYI members afterwards.

**Bookings/Informations: Tel 069 - 66 42 68 50**  
or  
**[kontakt@privateyogainstitute.de](mailto:kontakt@privateyogainstitute.de)**

As the number of participants in the workshop is limited, places are reserved based on order of registration. Information will be placed on our webpage immediately should the workshop be sold out. **Registrations are only valid upon payment of the workshop fee**, which is to be transferred into our account **within 7 days of registration** or paid directly in the studio. Please note: Registrations are reserved upon acceptance of payment, however no written confirmation will follow. Cancellations are possible free of charge up to 6 weeks before the start date of the workshop. However, a charge of 25% of the workshop fee will be taken for cancellations up to 4 weeks before the course; 50% for up to 2 weeks. No reimbursement will be offered (also for cancellations based on medical conditions) after this time.

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