



June 11th - 13th 2010

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.

Friday, June 11th		Saturday, June 12th		Sunday, June 13th	
6:30 – 8:15 pm	Jivamukti open class (focus of the month inspired)	10:00 – 11:45 am	Jivamukti open class (focus of the month inspired)	10:00 – 11:45 am	Jivamukti open class (focus of the month inspired)
		2:00 – 5:00 pm	Workshop: 5 tenets of jivamukti yoga (hip opener)	2:00 – 5:00 pm	Workshop: Karma yoga (back bending)



Catherine (cat) Alip-Douglas

From the fashion floors of Conde 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 was introduced to the practice of yoga by her good friend Cardone as a means to briefly 'check-out' from the hectic world of magazine publishing fashionistas into a space that provided stillness and serenity... yoga simply began as extra-curricular therapy. She practiced the Jivamukti method exclusively & devotedly for over 4 years at the Lafayette Street centre in New York City and during that time gradually felt the inevitable draw towards a more spiritual path... in more ways than one.

cat is privileged and blessed to presently assume roles of Advanced Certified Jivamukti Teacher, Assistant Director and mentor for 800 hour apprenticeship program.

Prices

Single class	EUR 30
All three classes	EUR 80
Single Workshop	EUR 45
Both Workshops	EUR 80
Whole weekend (3 classes + both workshops)	EUR 150

Bookings/Informations: Tel 069 - 66 42 68 50 or 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.

Private Yoga Institute & Jyoti Design GmbH
Dresdner Bank Frankfurt, Kto 0092601201, Blz 500 800 00
IBAN DE42500800000092601201, SWIFT DRES DE FF XXX

Private Yoga

INSTITUTE

Private Yoga Institute
Mörfelder Landstraße 44 (im Hinterhaus),
Höhe Südbahnhof, Frankfurt am Main
Telefon: 069 - 66 42 68 50
E-Mail: kontakt@privateyogainstitute.de
www.private-yoga-frankfurt.de

