

sharon gannon and david life

Sharon Gannon and David Life: Pioneers of Modern Yoga and Compassionate Living

sharon gannon and david life have long been celebrated as visionary leaders in the world of yoga, animal rights, and holistic wellness. Their journey together has not only transformed the way many people approach yoga practice but also inspired a lifestyle rooted in compassion, mindfulness, and sustainability. Co-founders of the influential Jivamukti Yoga method, Sharon Gannon and David Life have created a legacy that extends beyond asanas, weaving together spirituality, activism, and art into a unique and powerful practice.

The Origins of Sharon Gannon and David Life's Partnership

The story of Sharon Gannon and David Life begins in the vibrant cultural milieu of New York City in the late 1980s. Both deeply passionate about yoga and spirituality, they met and soon realized they shared a vision that went beyond traditional yoga instruction. Their collaboration was fueled by a desire to create a practice that was physically challenging yet spiritually enriching, and that emphasized ethical living alongside physical discipline.

Their early days were marked by intense study and experimentation with various yoga styles, meditation techniques, and spiritual teachings. Through this exploration, they developed what would become Jivamukti Yoga—a dynamic, vinyasa-based form of yoga that integrates classical yoga philosophy, chanting, meditation, and activism.

What is Jivamukti Yoga? The Brainchild of Sharon Gannon and David Life

Jivamukti Yoga is more than just a physical exercise system; it's a holistic lifestyle approach that encourages practitioners to live with compassion and awareness. Sharon Gannon and David Life designed this method to honor the ancient roots of yoga while making it accessible and relevant to modern practitioners.

Core Principles of Jivamukti Yoga

The Jivamukti method is built on five tenets that guide practitioners toward

a deeper understanding of themselves and the world around them:

- **Shastra:** The study of ancient yogic scriptures, emphasizing the importance of philosophy in practice.
- **Bhakti:** Devotion and love expressed through chanting and meditation.
- **Ahimsa:** Non-violence, which extends to all living beings, inspiring ethical choices.
- **Dhyan:** Meditation as a tool for self-awareness and inner transformation.
- **Karma:** Selfless service and activism to create positive change in the world.

This comprehensive framework distinguishes Jivamukti Yoga from other styles by promoting a lifestyle that encompasses ethical eating, environmental responsibility, and social activism.

The Impact of Sharon Gannon and David Life on Yoga Culture

Sharon Gannon and David Life's influence extends far beyond their innovative yoga style. Their teachings have helped shape the global yoga community's values and practices, encouraging practitioners to connect their mat work with real-world compassion and activism.

Advocacy for Animal Rights

One of the most defining aspects of Sharon Gannon and David Life's work is their unwavering commitment to animal rights. Both are known for their vegan lifestyle and for promoting ahimsa in its fullest sense—not just refraining from harm but actively advocating for the welfare of animals.

Their activism has included:

- Supporting animal sanctuaries and rescue organizations.
- Educating the yoga community about compassionate living.
- Organizing events and campaigns that highlight cruelty-free choices.

This integration of activism with yoga practice has inspired many followers to adopt veganism or vegetarianism and to become more mindful of their consumption habits.

Innovations in Yoga Education

Sharon Gannon and David Life have also revolutionized yoga teacher training by fostering a curriculum that includes not only physical postures but also philosophy, ethics, and social engagement. Their approach emphasizes that teaching yoga is a sacred responsibility that demands integrity and awareness.

Many yoga instructors worldwide owe their foundational knowledge and inspiration to Jivamukti trainings, which continue to attract students seeking depth and authenticity.

Sharon Gannon and David Life's Creative and Spiritual Contributions

Beyond their activism and yoga teaching, Sharon Gannon and David Life have contributed to the arts and spiritual discourse in compelling ways. Sharon, in particular, is known for her work as a musician and author, weaving artistic expression into her spiritual practice.

Music and Chanting

Music plays an integral role in Jivamukti classes, with chanting serving as a way to connect to the heart and deepen the meditative experience. Sharon Gannon's soulful voice and compositions have become iconic, inviting practitioners to explore devotion and surrender through sound.

Literary Works and Teachings

Both founders have authored books and created educational materials that delve into yoga philosophy, lifestyle, and ethics. Their writings offer guidance on how to live a yogic life off the mat, balancing modern challenges with timeless wisdom.

Living the Teachings: How Sharon Gannon and

David Life Inspire Everyday Practice

For many, the appeal of Sharon Gannon and David Life's teachings lies in their authenticity and holistic approach. Their message encourages a seamless integration of yoga into daily life, transcending the boundaries of the studio.

Tips for Embracing Their Philosophy

If you're inspired by Sharon Gannon and David Life's work, here are some ways to incorporate their teachings into your routine:

1. **Practice Mindful Movement:** Approach your yoga practice as a meditative experience, focusing on breath and intention.
2. **Study Yoga Philosophy:** Explore ancient texts or contemporary writings to deepen your understanding of yoga's spiritual roots.
3. **Adopt Compassionate Choices:** Consider incorporating plant-based meals and ethical consumer habits into your lifestyle.
4. **Engage in Service:** Find ways to contribute to your community or causes you care about as a form of karma yoga.
5. **Use Music and Chanting:** Experiment with mantra or kirtan to cultivate devotion and presence.

By embracing these principles, practitioners can experience a richer, more meaningful connection to themselves and the world.

The Legacy and Continuing Influence of Sharon Gannon and David Life

Today, Sharon Gannon and David Life remain active figures in the yoga and wellness communities. Their teachings continue to inspire a new generation of yogis who seek to combine physical practice with social conscience.

Their influence is evident in:

- The widespread popularity of Jivamukti Yoga studios worldwide.
- The growing movement of yoga practitioners committed to veganism and

animal rights.

- The integration of activism and spirituality in contemporary wellness culture.

As they carry forward their mission, Sharon and David embody the essence of living yoga—not just as a form of exercise but as a path of compassion, creativity, and conscious living.

Exploring the work of Sharon Gannon and David Life offers more than just insight into a style of yoga; it opens a door to a way of life that honors connection, kindness, and profound spiritual awakening. Whether you are a seasoned yogi or just beginning your journey, their teachings provide tools and inspiration to cultivate balance, purpose, and joy in every aspect of life.

Frequently Asked Questions

Who are Sharon Gannon and David Life?

Sharon Gannon and David Life are renowned yoga teachers and co-founders of the Jivamukti Yoga Method, a holistic approach to yoga that integrates physical practice with ethical and spiritual principles.

What is Jivamukti Yoga and how did Sharon Gannon and David Life contribute to it?

Jivamukti Yoga is a style of yoga that emphasizes spirituality, ethical veganism, activism, and compassion alongside physical postures. Sharon Gannon and David Life co-founded this method in 1984, blending traditional yoga teachings with contemporary concerns.

What are some key teachings promoted by Sharon Gannon and David Life in their yoga practice?

They promote teachings centered around compassion for all beings, environmental activism, veganism, non-violence, and integrating ancient yogic philosophy into modern life.

Have Sharon Gannon and David Life published any books or resources on yoga?

Yes, Sharon Gannon has authored several books including 'Jivamukti Yoga:

Practices for Liberating Body and Soul,' which outlines their yoga philosophy and practices. David Life has also contributed extensively through workshops and teachings.

How have Sharon Gannon and David Life influenced the global yoga community?

Through founding Jivamukti Yoga, teaching worldwide, and advocating for animal rights and environmentalism, Sharon Gannon and David Life have significantly shaped contemporary yoga culture and inspired practitioners to adopt a more conscious and activist approach.

Additional Resources

Sharon Gannon and David Life: Pioneers of Jivamukti Yoga and Holistic Wellness

sharon gannon and david life are widely recognized as influential figures in the world of contemporary yoga, having co-founded the Jivamukti Yoga method in 1984. Their collaborative efforts have not only shaped a unique style of yoga but also fostered a global community that emphasizes spirituality, ethical living, and environmental consciousness. This article delves into the origins, philosophy, and impact of Sharon Gannon and David Life's work, while examining how their contributions continue to influence modern yoga practitioners and wellness enthusiasts.

The Genesis of Jivamukti Yoga

Sharon Gannon and David Life met in the early 1980s in New York City, a period when yoga was beginning to gain traction outside of India but had yet to evolve into the diverse and multifaceted practice seen today. Both were deeply invested in exploring yoga beyond the physical postures (asanas), seeking to integrate the ethical, spiritual, and activist dimensions of the ancient discipline.

Jivamukti Yoga emerged as a response to this vision, with an emphasis on five key tenets:

- Spiritual Study (Svadhyaya)
- Devotion (Bhakti)
- Nonviolence (Ahimsa)
- Music (Nada)

- Meditation (Dhyana)

These pillars distinguish Jivamukti from many other yoga styles that tend to focus predominantly on physical fitness. Sharon Gannon and David Life placed equal importance on the integration of yogic philosophy, chanting, and meditation, creating a holistic system that nurtures body, mind, and spirit.

Philosophical Foundations and Ethical Commitments

A defining characteristic of Sharon Gannon and David Life's approach is their unwavering commitment to ahimsa, or nonviolence, which extends beyond personal conduct to encompass dietary choices, environmental stewardship, and social activism. Both founders are long-time vegans and animal rights advocates, and their teachings often incorporate discussions on compassionate living and sustainability.

By embedding these principles into their yoga practice, Sharon and David challenge practitioners to consider the broader implications of their lifestyle choices. This aspect of Jivamukti Yoga resonates strongly with the modern wellness movement, where ethical consumption and mindfulness have become increasingly significant.

The Impact of Sharon Gannon and David Life on Modern Yoga

Since its inception, Jivamukti Yoga has grown into a globally recognized method, with certified teachers and studios worldwide. Sharon Gannon and David Life's influence extends beyond their own teaching; their published works, workshops, and teacher training programs have contributed significantly to contemporary yoga culture.

Teacher Training and Educational Programs

Jivamukti Yoga teacher training programs are renowned for their intensity and depth, often lasting 300 hours or more and covering a wide range of topics—from advanced asana techniques to yogic scriptures and ethical living. Sharon Gannon and David Life's curriculum encourages trainees not only to master physical postures but also to develop a comprehensive understanding of yoga's spiritual heritage.

This holistic focus has helped differentiate Jivamukti-trained instructors in a crowded market, often appealing to students seeking more than just a fitness regimen. The depth and rigor of these programs highlight the

founders' dedication to preserving the authenticity of yoga while adapting it for contemporary audiences.

Integration of Music and Art

Another unique feature of Sharon Gannon and David Life's methodology is the integration of music and art into yoga practice. Both founders are accomplished musicians and have incorporated chanting, live music, and artistic expression into their classes and retreats. This multisensory approach enhances the experiential quality of yoga sessions and fosters a deeper connection to the practice.

The use of music aligns with traditional yogic concepts, where sound (Nada) is considered a pathway to spiritual awakening. By weaving these elements into their teachings, Sharon and David offer practitioners a richer, more immersive experience compared to conventional yoga classes.

Cultural and Social Contributions

Beyond yoga, Sharon Gannon and David Life have been active in animal rights and environmental causes, utilizing their platform to advocate for systemic change. Their veganism is not merely a dietary preference but a central tenet of their philosophy, promoting compassion and sustainability.

Animal Rights Advocacy

Both founders have collaborated with organizations such as PETA and have used their influence to raise awareness about animal welfare issues. Their dedication is reflected in the Jivamukti community's broader emphasis on ethical living, encouraging practitioners to consider the impact of their actions on all sentient beings.

Environmental Sustainability

Environmental consciousness is another key aspect of their teachings. Sharon Gannon and David Life promote eco-friendly practices within their studios and encourage students to adopt sustainable habits. This holistic view of wellness aligns with contemporary trends that prioritize planetary health as an integral component of personal well-being.

Critiques and Challenges

While Sharon Gannon and David Life have been lauded for their innovative approach, some critics argue that Jivamukti Yoga's spiritual and ethical emphases may not appeal to all practitioners, particularly those primarily interested in yoga's physical benefits. The intense focus on chanting, philosophy, and activism can be perceived as overwhelming or exclusionary for newcomers.

Moreover, as with many yoga schools, questions about commercialization and the accessibility of teacher training programs have surfaced. Jivamukti courses often come with a high price tag, which can limit participation to more affluent demographics. This raises ongoing debates about inclusivity and the democratization of yoga education.

Comparative Context: Jivamukti vs. Other Yoga Styles

Compared to styles such as Ashtanga or Vinyasa, which emphasize fast-paced physical sequences, Jivamukti Yoga integrates a broader spiritual framework. While Ashtanga focuses on a set series of postures and breath control for physical discipline, Jivamukti incorporates chanting, meditation, and social activism, making it a more comprehensive lifestyle approach.

Additionally, unlike Iyengar Yoga, which prioritizes precise alignment and therapeutic benefits, Jivamukti encourages creative expression through music and art, appealing to practitioners seeking a more eclectic experience.

The Legacy and Continuing Influence

Today, Sharon Gannon and David Life continue to teach and inspire a new generation of yogis worldwide. Their work has contributed significantly to the mainstream acceptance of yoga as a multifaceted discipline that transcends physical exercise. By fostering a community that values ethical living, spiritual growth, and artistic expression, they have carved a distinct niche in the global yoga landscape.

Their books, including titles such as **The Jivamukti Yoga Method** and **Yoga and Vegetarianism**, serve as foundational texts for students and teachers alike. Through workshops, retreats, and online content, Sharon Gannon and David Life sustain an active presence, adapting their teachings for evolving cultural contexts while maintaining core principles.

In an era where wellness is increasingly commercialized and fragmented, the holistic vision championed by Sharon Gannon and David Life offers a compelling alternative—one rooted in tradition yet responsive to contemporary challenges. Their commitment to integrating yoga with compassion, activism,

and creativity continues to inspire practitioners seeking a deeper, more meaningful path.

Sharon Gannon And David Life

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sharon gannon and david life: *Jivamukti Yoga* Sharon Gannon, David Life, 2011-04-06 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. "—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. . . . 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

sharon gannon and david life: *The Art of Yoga* Sharon Gannon, David Life, 2002-10-01 A beautiful and inspirational book, *The Art of Yoga* presents stunning images that capture more than 100 asanas (physical postures) as exhibited by two of the world's best known and most respected teachers of the discipline. The Jivamukti Yoga method is a style of yoga created by Sharon Gannon and David Life in 1984. It is a vigorously physical and intellectually stimulating practice leading to spiritual awareness. The name jivamukti means liberation while living. Jivamukti is one of the nine internationally recognized styles of Hatha Yoga. Gannon and Life have taught such high-profile celebrities as Sting, Madonna, and Christy Turlington, and literally thousands of students regularly attend classes at the Jivamukti Yoga Center in downtown Manhattan. *The Art of Yoga* represents the culmination of an almost ten-year collaboration by the authors with noted British-born photographer Martin Brading. As each of the magnificent black-and-white images captures the physical intricacy

of the position, a brief accompanying text crystallizes its spiritual essence through texts from the Sanskrit.

sharon gannon and david life: Es ist ein Fulltime-Job, sich selbst zu lieben Jessamyn Stanley, 2024-06-06 Revolutionäre Selbstfürsorge: Wie man durch Yoga lernt, sich selbst zu akzeptieren In dieser Sammlung autobiografischer Essays erzählt Jessamyn Stanley ihre Geschichte. Die Geschichte einer Schwarzen, fetten, queeren Femme, aufgewachsen in einer Vorstadt in den Südstaaten der USA mit mehrheitlich weißer Bevölkerung. Eine Geschichte der Segregation, eine Geschichte von Kapitalismus und Schönheitsidealen. Aber auch eine Geschichte über den eigenen Körper, davon, wie es ist, eigene Grenzen zu sprengen, sich selbst zu hinterfragen und schlussendlich gefestigt und weniger selbstkritisch mit beiden Beinen im Leben zu stehen. Jessamyn Stanley schreibt darüber, wie sie es mithilfe von Yoga geschafft hat, sich selbst zu akzeptieren, in einer Gesellschaft, die von Bodymaßindex und Normschönheit geprägt ist. Mein Yoga mag mit dem Praktizieren von Posen begonnen haben, aber mit meinem mentalen und emotionalen Gepäck umzugehen, ist das echte Yoga. Ungeschönt ehrlich: eine Geschichte der Auflösung von vermeintlichen Idealbildern Scharfsinnig und ehrlich reflektiert Jessamyn Stanley ihre Geschichte: Sie erforscht sich selbst, vom Impostor-Syndrom über das Aufwachsen in einer streng gläubigen Familie und ihre Homosexualität bis hin zu der Frage, warum es ein Vollzeitjob ist, sich selbst zu lieben. Aber sie kritisiert auch eine oberflächliche, weiße Yogaindustrie, die lieber über die neuesten Styletrends diskutiert, als sich ihr überbordendes Weißsein einzugestehen. Eine Welt, in der Yoga mit Kapitalismus gleichgesetzt ist, die ihre eigenen Fehler (Stichwort: kulturelle Aneignung) und vor allem auch die (spirituellen) Traditionen des Yoga gekonnt ignoriert. Empowerment über die Matte hinaus Jessamyn Stanley hat sich von der Last der Körperlichkeit befreit und ihr Yoga des Alltags entdeckt. Denn: Im Yoga geht es nicht darum, den herabschauenden Hund zu perfektionieren, sondern die harten Lektionen, die man auf der Matte lernt, auf das noch härtere tägliche Projekt Leben anzuwenden. Ein konfliktreicher Prozess, bei dem sie ihre Verbindung zwischen Körper, Geist und Seele gefunden hat In ihrem Buch zeigt Jessamyn Stanley, wie dieser Weg der Selbstfürsorge für alle möglich ist. • Weg mit Schönheitsidealen und Bodymaßindexen: Witzig, laut, ehrlich und scharfsinnig zeigt die Autorin in 13 autobiografischen Essays wie sie durch Yoga gelernt hat, ihren Körper zu akzeptieren und sich selbst bewusster wahrzunehmen. • Yoga ist viel mehr als ein Workout: Jessamyn Stanley beschreibt in ihrem Buch die Geschichte einer Schwarzen, fetten, queeren Frau, die sich Stereotypen und gesellschaftspolitischen Konventionen widersetzt, und durch die Yogapraxis ihren eigenen Weg gefunden hat. • Das zweite Buch der Erfolgsautorin und Yoga-Influencerin: Jessamyn Stanley ist international bekannt, nicht nur aufgrund ihres Body-Neutrality-Aktionismus, sondern auch, weil sie Gesicht zahlreicher Werbekampagnen (z. B. für Amazon und adidas) war und immer wieder Cover bekannter Zeitungen und Zeitschriften zierte. Außerdem kann sie mittlerweile auf knapp 600.000 Follower*innen auf Social Media blicken.

sharon gannon and david life: Beim ersten Om wird alles anders Rainer Dresen, 2010-10-25 Die Yogawelt - aus männlicher Sicht und ironisch betrachtet Jahrzehntelang hat der Autor über Yoga und Frauen, die Yoga praktizieren, gelächelt. Als er aber immer mehr Menschen traf, die spürbar in sich ruhten und als Grund dafür ihre regelmäßige Yogapraxis angaben, wurde er neugierig und startete den Selbstversuch. Mittlerweile vermisst er etwas, wenn er nicht mindestens einmal pro Woche seine Matte ausrollen und Asanas machen kann. Selbstironisch und äußerst amüsant beschreibt Rainer Dresen seine Karriere als Yogi: Angefangen vom Kauf der rosa Yogamatte über die Teilnahme am Yoga-Seminar mit Kirtan-Singen bis hin zur Zusammenkunft mit dem Guru persönlich. Lesevergnügen pur! Illustriert wird sein Weg zur inneren Ruhe und Gelassenheit von Christian Moser.

sharon gannon and david life: Die Yoga-Sutras für dich und dein Leben Kelly DiNardo, Amy Pearce-Hayden, 2019-08-12 Zeitlose Yoga-Philosophie für den modernen Alltag Yoga für Geist und Seele - vor etwa 2000 Jahren in Indien entwickelt, bis heute gültig: Die Yoga-Sutras von Guru Patanjali sind ein Weg, der zu mehr Freude und Gelassenheit, Energie und Klarheit führt. Kelly DiNardo und Amy Pearce-Hayden erschließen einen unvergleichlich klaren Zugang zu diesem

altindischen Mentaltraining: Indem sie die berühmten Verse direkt auf unseren Alltag mit all seinen Herausforderungen beziehen, erwecken sie die Sutras zu neuem Leben. Reflexions- und Achtsamkeitsübungen ermöglichen es, die spirituelle Kraft des Yoga zu verinnerlichen und umzusetzen. Ein Schatz an Weisheit und Inspiration – für alle, die ihre Yoga-Praxis auf eine neue Stufe bringen und erfüllter und bewusster leben möchten.

sharon gannon and david life: *Art of Yoga* Sharon Gannon, David Life, 2001-01-01 The Art of Yoga presents stunning images that capture more than 100 asanas, the physical postures in yoga practice, as exhibited by two of the world's best-known and most-respected teachers of the discipline. The culmination of a ten-year collaboration by Sharon Gannon and David Life with noted Britishborn photographer Martin Brading, each of the magnificent black-and-white images captures the physical intricacy of a position. Brief excerpts from ancient Sanskrit texts, together with the authors' commentary, crystallize each posture's spiritual essence. The Jivamukti Yoga method illustrated in this book was created by the authors almost 20 years ago. It is a vigorously physical and intellectually stimulating practice leading to spiritual awareness. When translated from Sanskrit, jivamukti means living liberated. The style has become so respected that it is one of the nine internationally recognized styles of Hatha Yoga. Gannon and Life have taught such high-profile celebrities as Sting, Madonna, and Christy Turlington, and literally thousands of students regularly attend classes at the Jivamukti Yoga Centers in Manhattan. This lavish volume, which presents 150 duotone photographs printed on museum-quality art stock, will hold pride of place in the collection of any yoga practitioner or lover of fine photography. -- From the creators of the Jivamukti style of yoga and the authors of Jivamukti Yoga: Practices for Liberating Body and Soul (Ballantine) -- Gannon and Life are among the most innovative and well-known yoga teachers working today -- 15 million Americans include some form of yoga in their fitness regimen -- The 150 duotone photographs are printed on museum-quality art stock

sharon gannon and david life: *Wie uns Yoga glücklich macht: Die heilende Kraft des Yoga in den Alltag integrieren* Meike Nachtwey, 2020-06-11 Yoga macht glücklich! Das hat mittlerweile nicht nur die Wissenschaft mit Hilfe hunderter Studien erkannt, sondern auch Millionen Menschen auf der Welt bereits erfahren. Yoga aktiviert die Selbstheilungskräfte und hilft, die eigenen Ressourcen (wieder) zu entdecken und zu entwickeln. Durch die bessere Körperwahrnehmung werden die eigenen Grenzen besser erkannt und beachtet. Das reduziert Stress und das Gefühl von Gehetztsein. Yoga bringt Atem und Bewegung in Einklang, so kommen die Gedanken zur Ruhe und Glücksgefühle stellen sich ein. Geschrieben von der Yoga-Lehrerin und Yoga-Therapeutin Meike Nachtwey, bekommst du in diesem Buch 22 Jahre geballte Yoga-Erfahrung. Du wirst lernen, wie du tiefes Glück, mehr Wohlbefinden durch Selbstfürsorge und körperliche & emotionale Gesundheit erfährst. „Wie uns Yoga glücklich macht“ wird dich mit Fragen zur Selbstreflexion versorgen und dir Anregungen, Tools und Yoga-Übungen mit auf den Weg geben, die du in deinem Alltag schon heute einbauen kannst. Finde heraus, wie du durch Yoga ein glückliches Leben führen kannst Erfahre die heilende Kraft des Yoga Finde zu innerer Ruhe und Balance Erlebe das Hier und Jetzt Beende negative Gedankenschleifen und Glaubenssätze Entdecke den achtegliedrigen Pfad Patanjalis als Wegweiser zum Glück Egal, ob du bereits über viele Jahre hinweg Yoga-Erfahrungen gesammelt hast, oder ob du dich einfach für Yoga interessierst: Hier erfährst du alles, was du brauchst, um durch Yoga zu dir selbst und zu deinem inneren Frieden zu finden. Namasté!

sharon gannon and david life: *Analyse der Dokumentation „Enlighten Up!“ - Was sind Gründe und Ziele der Filmemacherin Kate Churchill?* Hatice Cinar, 2015-08-28 Essay aus dem Jahr 2014 im Fachbereich Theologie - Vergleichende Religionswissenschaft, Ruhr-Universität Bochum (Religionswissenschaft), Veranstaltung: Vertiefungsmodul Indien, Sprache: Deutsch, Abstract: Die vorliegende Arbeit konzentriert sich auf die Analyse der Dokumentation „Enlighten Up!“ von Kate Churchill. Dieser Film zeigt ein Experiment, in dem der Proband durch das Praktizieren von Yoga eine körperliche und spirituelle Transformation durchführen soll, so die Erwartung von Churchill. In der Analyse werde ich die verschiedenen Menschen- und Religionsbilder verdeutlichen und versuchen den Hintergrund von Churchill deutlich zu machen, das

heißt Gründe für den Dreh dieser Dokumentation, warum sie diese Ziele verfolgt, was sie zeigen möchte und auch warum sie genau diese Route für die Yoga-Reise auswählt. Im Anschluss werde ich auf die Bedeutung von Yoga in der heutigen Zeit eingehen und eine kurze Unterscheidung zum traditionellen Yoga aufzeigen. Am Ende der Arbeit möchte ich die Dokumentation in das Seminarthema „Yoga: eine religiöse Technik im Wandel der Zeit“ einbetten und einen kleinen Rückblick zum Seminar geben.

sharon gannon and david life: Der Hund, die Krähe, das Om... und ich! Susanne Fröhlich, 2011-12-20 Mit einer großen Portion Skepsis und jeder Menge Vorurteilen tritt Susanne Fröhlich ihr neues Yoga-Projekt an. Drei Monate lang lässt sie die Leser teilhaben an ihrer Suche nach einem neuen Körpergefühl und dem täglichen Kampf gegen den inneren Yoga-Schweinehund. Was passiert, wenn das Moppel-Ich auf eine Yogamatte trifft und in die unbekannte Welt der Asanas eintaucht, erzählt die Bestsellerautorin gewohnt locker, selbstironisch und wie immer mit einem Augenzwinkern. Der Ratgeber zeigt aber auch, dass Yoga bei jeder Kleidergröße Spaß machen kann und macht Mut, innere Hemmschwellen zu überwinden.

sharon gannon and david life: Yoga fürs Leben Patrick Broome, Gabriela Bozic, 2006-09-11 Das Kultbuch für die junge Yoga-Generation

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grundlegenden Asanas (Yoga-Übungen, Yoga-Pose, Haltung oder Position des Körpers), die Do's und Don'ts beim Üben von Yoga und Tipps für Neulinge, um Verletzungen zu vermeiden.

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