

## Jivamukti

Media City

Sunday, 8pm - 9pm

**Please note: This class is for experienced Yoga students ONLY.**

**Beginners will not be admitted for safety reasons.**

Jivamukti Yoga emerged in 1984 from one of New York City's best-known yoga studios. The founders, David Life and Sharon Gannon, incorporated their study of Ashtanga yoga with Shri K. Pattabhi Jois, placing special emphasis on how to apply yogic philosophy to daily life.

Jivamukti Yoga classes are physically challenging and intellectually stimulating. Classes are comprised of flowing sequences which are linked to the breath and accompanied by music. Classes also include meditation and breathing exercises.

Rania has been practicing yoga since 2002 when she took her first class at the Jivamukti Yoga Center in New York City. Prior to moving to Dubai in 2007, Rania attended the 300 hour Jivamukti Yoga Teacher Training at the Omega Institute taught by the founders of Jivamukti Yoga, Sharon Gannon and David Life.

