



Alanna kaivalya

Jivamukti Yoga® Instructor

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About Alanna

A life-long obsession with sound has guided Alanna in the direction of music and vibration. Through the teachings of yoga, she has found a home for her spirit within the pulsations of the heart. She was born with a hearing impairment, but was taught from an early age that this is neither a setback or a difference. Instead, it is a way to thrive and shine. And so she has, by becoming a vocalist, a teacher, a musician, a writer, and a lover of music, sound, meditation, inspiration and vibration.

Her teachers are Sharon Gannon and David Life, the creators of Jivamukti Yoga. Sanskrit scholar, Manorama, has graced Alanna with a deeper knowledge of how sound profoundly affects us on an energetic and cellular level. Her practice has also been heavily infused with the love-filled influence of Shri Dharma Mittra, a teacher who revealed the true, devotional nature of asana practice. As an Advanced Certified Jivamukti Instructor, she fills her classes with Nada (sound), Bhakti (devotion) and Shraddha (faith). Her classes feature an unyielding spirit for bringing yoga off the mat and into the world. Her face forward, charismatic style are the perfect platform for classes that are masterful, artistic, and always feature an element of mystery.

While on her world tour, she has lead kirtans (devotional singing concerts) and has also performed with Dave Stringer, who has been a musical inspiration to Alanna. Recently, while in Sydney, Australia, Alanna found herself in the midst of a tidal wave of opportunity, and through riding that wave, she had the opportunity to write, create and produce her newest album, Shine. This inspirational and eclectic album has been described by her friends as 'eclectic lounge pop that you would want to listen to on a coastal drive'. It features several of Australia's prominent jazz musician and other Australian talent. Shine includes 2 songs in Sanskrit for your energetic body, and the rest of the groovy tracks are in english to ignite the soul.

Alanna also produces a yoga podcast called "Yoga Jam with the JivaDiva". The success of the JivaDiva Yoga Jam podcast has given Alanna a worldwide audience of nearly 400,000 listeners. Every week, people tune in to receive the vibrations and teachings of yoga from Alanna. The podcasts feature a variety of formats and include Alanna's own music in the background. Alanna, the JivaDiva has been featured on Lime.com and Body + Soul Magazine.

She teaches at the Yoga Journal Conferences, and is on staff with the Omega Institute. Her article about loving mantras was published in the October 2007 issue of Yoga Journal. In the February 2008 issue of Yoga Journal, she was named as one of Jivamukti Yoga's "Who's Who," and in the March 2008 issue, she was profiled as one of the next generation of yoga teachers shaping yoga's future.



Spirit



Charisma



Vibration



Integrity