



# Alanna kaivalya

Jivamukti Yoga® Instructor

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## Attributes

Dynamic and masterful teacher who presents philosophy & music based asana classes  
 Passionate about teaching yoga, which shines through to students, teachers, advanced practitioners and beginners  
 Unique and accessible style and structure within classes – students can always expect to be challenged – both physically and spiritually  
 Comprehensive knowledge of physical adjustments, and how to assist people with injuries, as well as healthy practitioners in finding new ways to unlock their potential  
 Tremendous presence and voice quality with the ability to communicate powerful messages affectively and concisely – tapping into the deep receptivity of students

## Work Experience

### Jivamukti Yoga School

841 Broadway, New York City  
 212-353-0214

### Samadhi Yoga Center

639 E. 19th Avenue, Denver  
 303-860-9642

### Core Power Yoga

333 E. 13th Avenue, Denver  
 303-863-9642

**Additional references available upon request.**



Spirit



Charisma



Vibration



Integrity