



# Alanna kaivalya

Jivamukti Yoga® Instructor

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जीवमुक्ति

## Mission

To express the power of vibration and harmony through music and yoga to inspire a feeling of well-being and empowerment.

## Education

### **Jivamukti Advanced Yoga Certification, May 2005**

*Taught by Sharon Gannon and David Life, Rhinebeck NY*

Served as one of seven mentors to assist the month-long Jivamukti Teacher Training and completed test for Advanced Certification

### **Jivamukti Yoga Certification, May 2003**

*Taught by Sharon Gannon and David Life, Rhinebeck NY*

Month-long intensive training including Jivamukti Yoga Method as created by Gannon and Life, Anatomy, Sanskrit, Sequencing, Ethics, Philosophy, Pranayama, Physical Adjustments

## Qualifications

### **Accomplished Yoga Instructor**

Yoga Journal Conference, Sept. 2007

Taught classes & led kirtan (on schedule for fall 2008 & winter 2009)

Omega Institute Retreat to Maho Bay, Jan. 2008

Taught in locations worldwide, 2006 - present

Australia, South America, North America & Europe

### **A Teacher's Teacher**

Mentor at Jivamukti Yoga School, New York, Aug. 2007 - present

Mentor at Jivamukti Yoga Teacher Trainings 2005 & 2007

Served as lead mentor in 2007

Co-Director, Core Power Yoga teacher training program, June 2004 - November 2006

Guest teacher at select teacher trainings:

Flow Yoga Center, Washington DC, fall 2007

Samadhi Yoga Center, Sydney, Australia, 2006 & 2007

Core Power Yoga, Minneapolis, 2005 & 2006

### **A Teacher's Student**

Assisted Sharon Gannon and David Life worldwide:

On-Site Assistant for filming of 2 DVD projects, LA, 2007

Yoga Journal Conferences: San Francisco, Estes Park (2005 & 2006)

Germany Yoga Conference, Cologne, 2006

### **Producer and Composer**

Producer, composer, vocalist for Shine (music album), 2007

Producer, writer, engineer for 3 Podcasts, 2005 to present

JivaDiva Yoga Jam: Free podcasts including 20 min. classes, lectures, meditations

Live Yoga Classes with the JivaDiva: Full-length, live classes for download

Yoga Inspirations: Designed for yoga teachers looking for ideas for class themes



Spirit



Charisma



Vibration



Integrity