

# Mp3 Alanna Kaivalya - Jai! A Jivamukti Yoga Class

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A 75 minute Jivamukti Yoga Class led by master yoga teacher, Alanna Kaivalya. This is a complete class including an introduction, standing poses, forward bends, backbends, inversions and final relaxation. 8 MP3 Songs

**SPOKEN WORD: Instructional, SPOKEN WORD: Inspirational**

**Details: 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, 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 foremost teachers are Sharon Gannon and David Life, the creators of Jivamukti Yoga, and through their grace, she also found Manorama, a sanskrit teacher who 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. These profound teachings have liberated Alanna, and through that freedom, she offers teachings worldwide to students of yoga, exclusively in the Jivamukti tradition. 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 3 of Australia's prominent jazz musicians: Carl Dewhurst, Dave Goodman and Cameron Undy, amazing vocal talent including Jarrod Sherman and Penny Hay Johnson, and the inspired musical melodies of local Ozzie talent, Keith Kempis. 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 bi-weekly 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 from in the background. Alanna, the JivaDiva has been featured on Limeand Body + Soul Magazine. Alanna's believes that faith (shraddha) can accomplish anything, and that belief has over and over again allowed her to achieve the seemingly impossible. Searches:jivamukti yoga downloads

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