



CAT ALIP - DOUGLAS JIVAMUKTI YOGA

MAY, 19TH & 20TH 2017

1 WS CHF 95.00/ 2 WS CHF 180.00

Friday, 19th of May 6:30 - 9pm

*The first turning of the wheel: the four noble truths & the 8 fold path
Asana focus: foundational principles of a vinyasa practise*

Saturday, 20th of May 2:00 - 4:30pm

*The second turning of the wheel: the heart sutra
Asana focus: hip opening & back bending*

Cat is originally from New York City and has been calling London home since spring 2004. She feels very privileged and grateful to have been involved with the previous incarnation of Sangyé Yoga School (Jivamukti Yoga London) since its inception and manifestation in 2005.

[More info: catalipdouglas.com](http://catalipdouglas.com)

With sincere love and admiration, she thanks Manizeh and Danny Rimer for always seeing the best in her. Cat is an Advanced Certified (Jivamukti), SYT (Senior Yoga Teacher - Yoga Alliance UK) and Co-Director of SYS alongside her husband Phil.

LOVE & GRATITUDE: the husband/teacher phil, the parents, the ones who walked this path before, the students & the notorious biggie smalls...lastly, this precious human existence for the potential it holds.

Registration: olive@yogalives.ch