

# Jivamukti Yoga: Living Liberated

**Saturday, February 27<sup>th</sup> 12:30-2:30pm**

**Investment: \$25 Pre-reg by Feb 20<sup>th</sup> OR \$30 Drop-in**

In this two-hour workshop, you'll be introduced (or re-introduced!) to Jivamukti Yoga. Described as the "wild child" of yoga, Jivamukti Yoga is a rich practice that will challenge you on every level. Advance Certified Jivamukti Yoga teacher, YuMee Chung, will use a spiritually charged vinyasa flow as a platform for exploring what it means to live liberated. Expect to encounter chanting, inspiring music and skillful hands-on adjustments during this physically vigorous and intellectually stimulating practice. This workshop is ideal for those with some yoga experience. Adventurous beginners are very welcome!!



YuMee Chung is a former securities lawyer who left behind a busy practice to engage more deeply with life. Named in Yoga Journal's February 2008 listing of yoga's "who's who," she is an Advance Certified Jivamukti Yoga teacher who is also trained to teach Ashtanga Yoga. YuMee has taught and spoken at national yoga conferences and she completed a tour of 19 North American cities at the end of 2006 with DJ medicineman.

**Call Yoga Source to Sign up  
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