



Online Jivamukti Yoga Retreat

Schedule Overview

Friday - November 27th.

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|-------------|---------------------------------|-------------|
| 16:30-18:00 | Welcome & information - Satsang | Zoom (live) |
| On Replay | Jivamukti - Spiritual Warrior | NOR: web |

Saturday - November 28th.

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|-------------|------------------------------------------------------|-------------|
| 09:00-10:00 | Morning gathering -Meditation & Chanting | Zoom (live) |
| On Replay | Jivamukti - Open | NOR: web |
| On Replay | Lecture - The philosophy and background of Jivamukti | NOR: web |
| On Replay | Meditation | NOR: web |
| On Replay | Pranayama | NOR: web |

Sunday - November 29th.

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|-------------|-------------------------------------------|-------------|
| 09:00-10:00 | Morning gathering - Meditation & Chanting | Zoom (live) |
| On Replay | Jivamukti - Open | NOR: web |
| On Replay | Jivamukti - Main Mantras | NOR: web |
| On Replay | Gong Sound Bath | NOR: web |
| 16:00-18:15 | Ending Satsang | Zoom (live) |



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Information

The Jivamukti method

NOR: nordic health house are hosting this Online Jivamukti Yoga Retreat where we will virtually guide you through the ground pillars of the Jivamukti Yoga method.

It will be a weekend where we together delve into Asana practice, breath work, meditation, chanting and yoga philosophy.

You will be provided with techniques and tools to become stronger in your Asana practice. You will also get a deeper understanding for yoga philosophy and why it is important for you as a yogi.

Do you wonder what Ahimsa, Nada, Dahyana, Shastra, and Bhakti is? Then you should join us.

All you need is a digital device, internet connection, and a yoga mat and then you can join us from any geographical location.

The host

Nathalie Wahlberg, Jivamukti



Nathalie became a certified Jivamukti Spiritual Warrior Teacher in 2019, and has been dedicated to the method of Jivamukti Yoga since the beginning of 2015.

Her background as a dancer and performance artist makes her teaching very detailed and focused on technique and alignment while moving through the practice with awareness and grace.



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The teachers

Yasmin Gouhari, Jivamukti



Yasmin became a certified Jivamukti Teacher in 2014, and has since then been teaching in both Copenhagen and Hamburg. In her classes she enriches the virtuous asana practice with an attitude of patience and love guiding the students to be present in both body and mind.

Esther Jane Marco, Jivamukti



Esther became a certified Jivamukti Teacher in 2016, and has been teaching the method internationally since then. In her classes she keeps the body in focus: seeing the body, respecting the body and encouraging her students to find the best way possible to be tuned in with their bodies.

Ylenia Fiorini, Gong



Ylenia is a certified Infant Massage Instructor with the international Association of Infant Massage. Since early 2019 she's facilitating sound healing sessions using Gong, Koshi Bells and Singing Bowls to create deeply relaxing sound scapes.