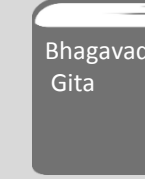
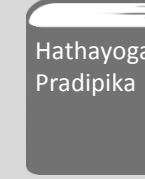
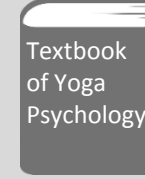
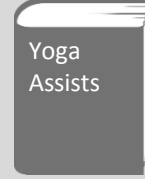
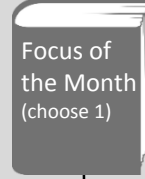
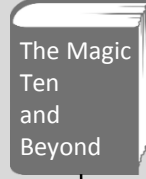
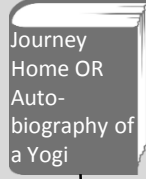


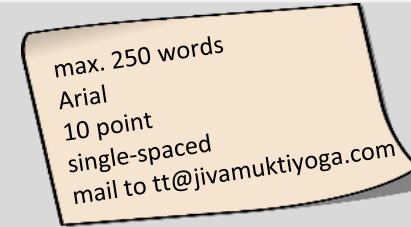
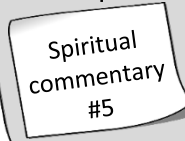
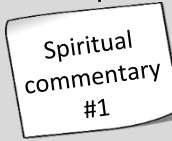


Jivamukti Yoga® 300 hr Teacher Training Prerequisites

READ



WRITE



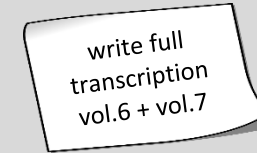
MEMORIZE



Balancing Class (vol. 6)



Backbending Class (vol. 7)



PRACTICE



Chakra Balancing Yoga DVD



Portable Jivamukti (8 classes)

READ



mandatory

recommended





Jivamukti Yoga® 300 hr Teacher Training Prerequisites

Mark your progress!

READ

- Jivamukti Yoga
- Yoga and Vegetarianism
- Journey Home OR Auto-biography of a Yogi
- The Magic Ten and Beyond
- Focus of the Month (choose 1)
- Yoga Assists
- Textbook of Yoga Psychology
- Hathayoga Pradipika
- Bhagavad Gita

WRITE

- Spiritual commentary #1
- Spiritual commentary #2
- Spiritual commentary #3
- Spiritual commentary #4
- Spiritual commentary #5

max. 250 words
Arial
10 point
single-spaced
mail to tt@jivamuktiyoga.com

MEMORIZE

- Balancing Class (vol. 6)
- Backbending Class (vol. 7)

write full transcription vol.6 + vol.7

PRACTICE

- Chakra Balancing Yoga DVD
- Portable Jivamukti (8 classes)

READ

- Simple Recipes for Joy

mandatory

recommended

