

# MUNICH FOUND

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## SPORTS

BY REBECCA PERL

**“YOGA IS THE NATURAL STATE, THE ORIGIN OF TRUTH, beauty, eternal happiness and bliss.”** After reading this declaration, and before you could say Om, this writer was out from behind her desk and straight into the lotus position. As well as the classes on offer at gyms, sports clubs and as part of the Volkshochschule program, there are numerous centers in Munich devoted to yoga. Here's a small selection:

a blend of *asanas* (body positions), *pranayama* (yogic breathing) and  *kriyas* (ancient Yogic cleansing techniques) to restore the balance of the body on all levels—body, mind and soul. Regular classes take place every Monday from 7:30 pm to 9 pm, which are suitable for beginners as well as people who have done yoga before. Classes are taught in German, but the teachers do speak English, so can answer questions or offer a helping hand.

## FLEXI-TIME

Bend your way to inner calm!



### JIVAMUKTI YOGA CENTER

Schellingstr. 63, (089) 54 80 69 94

[www.jivamuktityoga.de](http://www.jivamuktityoga.de)

Forms of yoga taught: Jivamukti method (a type of Hatha)

The name Jivamukti is taken from the Sanskrit term *jivan-mukta*, which signifies the state of enlightenment. The method, created by David Life and Sharon Gannon in 1984, is a vigorously physical and intellectually stimulating practice leading to spiritual awareness. You may have heard the name thrown about by yoga-loving celebrities, such as Sting, who says: "David and Sharon have inspired and encouraged us to think of yoga not just as a system of exercises but as a door to the infinite." The Jivamukti method teaches yoga not merely as physical exercise, but as a way of living a healthier and happier life. Therefore, it promotes ethical vegetarianism, environmental concerns and the need to take social and political action. Each class focuses on a theme, which is supported by Sanskrit chanting, readings, references to scriptural texts, music (from the Beatles to Moby), *asana* sequencing and yogic breathing exercises. Classes are taught in German, but with a basic knowledge it is easy enough to follow what is going on (and, if all else fails, copy everyone else). Guest teachers from the mother Jivamukti Yoga Center in New York often visit Munich to take classes and seminars in English. The center has mats, belts and blocks, so the only thing you will need to bring is comfortable clothing and, according to their Website, the only thing you need to do is "Be a yogi, be on time!" You have been told!

### YOGA LOFT

Klenzestr. 40, (089) 45 22 65 22

[www.yogaloft.de](http://www.yogaloft.de)

Forms of yoga taught: Jivamukti method

The Yoga Loft is an affiliate of the Jivamukti Yoga Center and is referred to as "their second practice room." They have a busy program, including retreats, workshops with guest teachers and yoga for kids.