

# CAT ALIP- DOUGLAS



**MAY 26TH 2018 2 - 4:30PM**

## WORKSHOP THEME

The facts of life: we all suffer from forgetfulness (forgetting our “full-ness”). a tibetan buddhist teaching suggest contemplating the four reminders to prompt us to pay attention...to wake up. lucky for most of us, the yoga practice provides a manageable portion of our life to explore and apply these simple, profound yet often forgotten fundamental truths.

- precious human existence
- impermanence
- karma (cause and effect)
- samsara (cyclical suffering)



## The Journey from Condé to Sangyé

From the fashion floors of Condé Nast in New York to the wooden floors of Sangyé Yoga School -Jivamukti Affiliate London, cat had officially traded in her Manolo Blahniks for a more 'grounded' approach to life...in bare feet. cat hails from New York City and has been calling London home since spring 2004. Cat is privileged and blessed to have been involved with Jivamukti Yoga London since its inception in summer 2005 and furthermore as it continues its natural evolution into Sangyé Yoga School. She currently serves in the roles of Advanced Certified Teacher (Jivamukti), Senior Yoga Teacher (Yoga Alliance UK) and Co-Director alongside her husband Phil.

For more information please visit: [www.sangyeyoga.com](http://www.sangyeyoga.com)

Registration: [olive@yogalives.ch](mailto:olive@yogalives.ch) Cost: CHF 90.00