

Mp3 David Garrigues - Jaya Sat Guru



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This is mesmerizingly beautiful kirtan -- David Garrigues' voice pierces to the heart of the music. 7 MP3 Songs in this album (46:37) ! Related styles: NEW AGE: New Age, WORLD: World Traditions People who are interested in Krishna Das Jai Uttal should consider this download. Details: David Garrigues is a Seattle native who studied psychology and Native American studies at Evergreen College. As an avid skateboarder, David developed a love of flow and concentration before stepping foot onto a yoga mat. In 1991 he began his study of yoga with Marie Svoboda and also developed an interest in Iyengar style yoga. Since that time has studied with Aadil Palkivala from Yoga Centers. In 1994, David made his first trip to Mysore India to study Ashtanga yoga with Sri K. Pattabhi Jois and now travels regularly to visit and practice with his teacher and to also further his studies of classical Indian music. In 1997, David was honored to receive a rare teaching certificate, certifying him to teach Ashtanga yoga as taught by K. Pattabhi Jois. In 2001, he completed a teacher training with Richard Freeman. He has studied Sanskrit at the American Sanskrit Institute as well as in India. David holds workshops on breath and bandhas, beginning and intermediate Ashtanga, and introductory teacher trainings at AYS and throughout the US. His teaching style is both challenging and supportive, and his deep knowledge and love of culture, history, and language provides his students with a rich and traditional, yet diverse yoga experience that is hard to come by. His love of music has found its inspiration in kirtans, which he now holds regularly at AYS and during his travels throughout the US.

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