

IN THIS COURSE OF STUDY & PRACTICE YOU WILL LEARN:

- Asana alignment and the therapeutic health benefits of yoga
- To practice & teach meditation
- To practice & teach pranayama
- Anatomy and physiology in a language suitable for teaching
- Safe and effective verbal and hands-on postural adjustments
- Yoga philosophy, History of Yoga, Jivamukti Philosophy/Anusara Philosophy
- The Universal Principles of Alignment in the Anusara Tradition
- The tenets of Jivamukti Yoga
- Choosing a theme & how to weave it through a class
- Basics of Sanskrit & Sanskrit names of Asanas
- Energy anatomy: chakras, koshas, nadis, bandhas & more
- Create a satsang that supports your life & practice
- Teaching methodology, including relationship with yoga students
- Planning a yoga class, sequencing of poses, teacher demos

Cost of Program: \$3,400
(not including books)

Paid in full cash \$3300

Early bird special \$3200 paid in full before Aug. 15 2017

Payment plan available (Check or Cash)

- \$1,712.50 due 1st day
 - \$1,712.50 due start of the second half of TT
- Please email marnitask@gmail.com for more Information
Payments include all TT training hours as well as UNLIMITED yoga classes at The Yoga Room in Little Italy

**other payment options available: cc or PayPal
*\$250.00 deposit with TT application non-refundable**

Required Texts available for purchase in the marnitask.com bookshop:

- 1) Jivamukti Yoga: Practices for Liberating Body & Soul by Sharon Gannon & David Life
- 2) Anusara Teacher Training Manual by John Friend (get directly from Marni for a discount)
- 3) The Anatomy Coloring Book - Kopit
- 4) Hatha Yoga Pradipika by Swami Muktibodhanada Bihar School of Yoga
- 5) Bhagavad Gita by Juan Mascaro
- 6) Yoga Sutras of Patanjali by Swami Satchidananda
- 7) Light on Yoga by BKS Iyengar
- 8) The Upanishads by Juan Mascaro
- 9) Notebook/journal & Binder

There are many translations of some of the required texts. Please get the books and translations listed.



CONTACT MARNI TASK

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www.indulotion.com

Jivamuktara yoga

with Marni Task

Fall 2017

200 Hour

Teacher Training Application



THE YOGA ROOM

2026 MURRAY HILL RD., RM 210,
CLEVELAND, OH 44106

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|------------|-----------------------|
| WEEKEND 1: | SEPTEMBER 15-17, 2017 |
| WEEKEND 2: | OCTOBER 13-15, 2017 |
| WEEKEND 3: | NOVEMBER 10-12, 2017 |
| WEEKEND 4: | DECEMBER 8-10, 2017 |
| WEEKEND 5: | JANUARY 19-21, 2018 |
| WEEKEND 6: | FEBRUARY 9-11, 2018 |
| WEEKEND 7: | MARCH 9-11, 2018 |
| WEEKEND 8: | APRIL 6-8, 2018 |
| WEEKEND 9: | MAY 4-6, 2018 |

FRIDAY: 6-10PM, SAT/SUNDAY: 10-6PM



Jivānārā yōgā WITH MARNI TASK

Pre-requisite: Some yoga experience & a basic knowledge of yoga is required.

What is most required is a deep commitment to one self, a desire to learn & what's most important is an open heart to make the first giant leap onto the path of being a yoga teacher.

Answering the questions on this application is the beginning of your yoga teaching adventure. The answers can be found in many texts such as the Yoga Sutras, Light on Yoga and believe it or not...the world wide web!

If you cannot find the answers please feel free to ask me or other yoga teachers where to source these answers. Feel free to ask if you need guidance. Asking the question is the beginning to the answer!

“MARNI INFUSED EACH TRAINING SESSION with her warm, upbeat personality & shared her vast knowledge of yoga philosophy, asana, adjustments & assists & pranayama in an accessible, fun way. Plenty of hands-on experience, practice teaching & discussion allowed me to feel very prepared to launch my career as a yoga teacher. I consider myself blessed to have studied with Marni.”

- Jennifer Lenhart



APPLICATION

First Name:

Last Name:

Address:

City: State: Zip:

Home Phone:

Work Phone:

Cell Phone:

E-mail:

Age/Date of Birth:

Gender: M F

1. What is Yoga? Do you consider Yoga a religion?
2. What is your background in Yoga? Please include teachers, style and where you study.
3. 3. Are you a Yoga teacher? If so, please describe in detail your classes and previous training experience.
4. Do you have a personal home Yoga practice or a studio practice? Please describe your practice & frequency.
5. Do you have a regular meditation & pranayama practice? If so, please describe your practice & frequency.
6. Do you have any injuries or medical conditions?
7. Please describe in detail the five Tenets of Jivamukti Yoga.
8. Please describe in detail the Five Principles of Anusara Yoga.
9. Who was Patanjali?
10. What are the 8 limbs of Ashtanga Yoga?

Email the above information with picture (jpeg) & answers to the application questions to: marnitask@gmail.com and also bring the answers to the questions with you to the first day of class.