

Jivasara Teacher Training Workshops

During Yoga Teacher Training Weekends, sessions are open for drop-ins.
\$20/hour unless otherwise noted. All classes lead by Marni Task, ERYT 500.

Friday, October 13, 2017

- 6:00 - 7:15pm **Jivamukti Basics Class**
Standing Poses (\$10)
- 7:15 - 8:00pm Jivamukti Philosophy: Why OM? –
basic principles of vinyasa krama
- 8:00 - 10:00pm **ASANA/ASSIST**
Seated Hip Openers
hanumanasana, baddha konasana,
virasana, pigeon, frog, and maybe
even lotus variations. Neutralizers

Saturday, October 14, 2017

- 10:00 - 11:15am **Jivamukti Open Class (\$10)**
- 11:15 - 12:30pm **Kirtan** - Invocations Jiva
Pranayama - Nadi shodhana
antar kumbaka, etc.
So Ham mantra meaning
- 12:30 - 2:30pm **Philosophy**
Gunas and Doshas/Ayurveda
- 2:30 - 4:00pm **Jivamukti Basics Class**
Forward Bends (\$10)
- 4:00 - 6:00pm **ASANA/ASSIST**
Surya Namaskar Vinyasa
Teacher Trainees lead Sun Salutations
& practice assists

Sunday, October 15, 2017

- 10:00 - 11:15am **Jivamukti Open Class**
So Ham Theme - hip openings (\$10)
- 11:15 - 12:15pm **Invocations-Mantra**
Saha Navavatu, satsangattve,
meditation
- 12:15 - 3:15pm **Basics of Teaching Basics**
Discussion. Sun A w/assist
- 3:15 - 5:15pm **ASANA/ASSIST**
Forward Bending - dandasana,
sukhasana, etc. seated and standing
forward bends
- 5:15 - 6:00pm **Pranayama**
Viloma 3 part breath. Meditation



the
YOGA
room
yoga for health
& serenity

All classes and workshops held at:

The Yoga Room in Little Italy
2026 Murray Hill Road, Room 210
Cleveland, Ohio 44106

Query/RSVP: marni.task@gmail.com

Facebook: fb.me/YogaRoomCLE

*When arriving, please be mindful of
classes in progress.*