

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, November 10, 2017

This evening focuses on an exploration of the Chakras

- 6:00 - 7:15pm **Jivamukti Open Class
Chakra Tuning (\$10)**
- 7:15 - 8:00pm **Purification techniques:** Shat Karmas Kapalbhathi-Neti-Nauli, Kriyas (BYO Neti Pot)
- 8:00 - 10:00pm **Chakras/ nadis/ granthis/ Bandhas, 5 bodies/koshas, Pranavayus, visual in HYP**

Saturday, November 11, 2017

- 10:00 - 11:15am **Anusara Open Class
skull loop & ankle loop (\$10)**
- 11:15 - 12:30pm **Pranayama, Meditation, Invocations**
- 12:30 - 2:30pm **Yoga Sutras Book 1: Samadhi**
Stringing Theme Through Class
- 2:30 - 3:30pm **Balancing:** ardha chandrasana, virabhadrasna 3, chapasana, utthita hasta padangusthasana, virabhadrasana 3, garudasana
- 3:30 - 6:00pm TT's Lead in sun salutation & one Chosen Sequence

Sunday, November 12, 2017

- 10:00 - 11:15am **Jivamukti Basics Class
Focus on Backbending (\$10)**
- 11:15 - 12:30pm **Pranayama Meditation**
- 12:30 - 2:30pm **Yoga Sutras Book 2: Sadhana**
- 2:30 - 3:30pm Review: 3 Gunas, 3 Doshas; Chakras/nadis/Bandhas; 5 bodies/koshas
- 3:30 - 4:30pm **ASANA/ASSIST:** Lunges, splits, wheel, bow, etc. (Or special request)
- 4:30 - 6:00pm **Art of sequencing/vinyasa krama.**
Discuss breath. Practice and teach Sun Salutations with hands-on assists.



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.