

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.

February 2017

**Focus on: The Bhagavad Gita
and The Upanishads**

Join the Teacher Trainees in Philosophy Lectures and Discussions on Saturday and Sunday at 12:30. All other topics are also open for drop-ins.

- ⊕ Gain a deeper understanding of the Bhagavad Gita & The Upanishads
- ⊕ Explore in depth the teachings of these ancient writings



Saturday, February 10, 2018

- 10:00 - 11:15am **Anusara Open Class (\$10)**
Thigh Loop/Pelvic Loop, IS/OS
- 11:15 - 11:45am **Pranayama/Meditation**
- 12:30 - 2:30pm **Philosophy Talk:
Bhagavad Gita**
- 2:30 - 3:30pm **Correctives: Upper Body**
- 3:30 - 4:30pm **ASANA/ASSIST**
Arms, balances, backbends, fun!
Hips and shoulders!
- 4:30 - 6:00pm **Pregnancy Yoga**

Sunday, February 11, 2018

- 10:00 - 11:15am **Jivamukti Open Class (\$10)**
Bhagavad Gita Theme
- 11:15 - 11:45am **Pranayama/Meditation**
- 12:30 - 2:30pm **Philosophy: Overview
Upanishads & Vedas**
- 2:30 - 4:45pm **Teacher Trainee's practice**
- 4:45 - 6:00pm **Correctives: Lower Body**

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.*