

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)

Payments include all TT training hours as well as UNLIMITED yoga classes at The Yoga Room Cleveland in Little Italy

Payment (Check or Cash)

Option A: \$3,300 paid in full before the beginning YTT

Option B: \$1,575 due 1st day & \$1,575 due start of the second half of TT

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-**PURCHASE DIRECTLY FROM MARNI** .
- 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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Jivamukti Yoga

with Marni Task

Fall 2018

200 Hour

Teacher Training Application



THE YOGA ROOM-CLEVELAND

2026 MURRAY HILL RD., RM 210,

CLEVELAND, OH 44106

WEEKEND 1:	SEPTEMBER 14-16, 2018
WEEKEND 2:	OCTOBER 12-14, 2018
WEEKEND 3:	NOVEMBER 2-4, 2018
WEEKEND 4:	DECEMBER 7-9, 2018
WEEKEND 5:	JANUARY 18-20, 2019
WEEKEND 5:	FEBRUARY 8-10, 2019
WEEKEND 7:	MARCH 8-10, 2019
WEEKEND 8:	APRIL 5-7, 2019
WEEKEND 9:	MAY 3-5, 2019

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



ॐ jivamuktā yoga 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

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.

PLEASE ANSWER THE FOLLOWING QUESTIONS

on a separate type-written sheet of paper as clearly & sincerely as you can. Sometimes there will be no right or wrong answer.

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?