

Anusara

Weekend Workshop with Marni Task

\$300 Full weekend (18.5 hours*) is a pre-requisite Anusara training for certified teachers without a 200 hour Jivasara YTT certification. This workshop will qualify you to apply for the 300 hour Jivasara YTT. (TBA). *Also counts as Yoga Alliance continuing education credit.

Friday, September 14, 2018

6:00 - 7:15pm **Anusara Basics Class**
Optimal blueprint
Open to Grace (\$10)

Saturday, September 15, 2018

10:00 - 11:15am **Anusara Basics Class: 3 A's,**
focal point, balanced action, (\$10)

11:15 - 12:30pm **Pranayama sama vritti** with
kumbaka-meditation

12:30 - 1:00pm **Anusara invocation**

1:00 - 3:30pm **Anusara 3 A's /5 Universal
Principles/Touchstones**

3:30 - 4:30pm **Touchstones Anusara**
Review Loops & Spirals

4:30 - 5:00pm **Tratak Eye Gazing Meditation**

5:00 - 6:00pm **Warm Ups** – Jivamukti Magic 10

Sunday, September 16, 2018

10:00 - 11:15am **Anusara: Open to Grace.**
Basics of Surya A & B; Inner -outer spiral,
Optimal blueprint, focal point, balanced
action(\$10)

11:30 - 12:00pm **Pranayama & Anusara Philosophy**

12:30 - 1:30pm **Kinds of Touch /adjustments**

1:30 - 2:00pm **Anusara Review Sun A & B**

2:00 - 4:00pm **ASANA/ASSIST: Backbending**
Learn Upper Body Loops (Kidney,
Shoulder, Skull loop, Spirals)
ASANA/ASSIST: Neutralizers:
Twists, supine, seated, standing.

4:00 - 6:00pm **ASANA/ASSIST: Standing Poses**
Learn leg loops. (Ankle, shin, thigh
pelvic loop).



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.*