

Jivasara Teacher Training Workshop

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, 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.*