

# 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, October 12, 2018

- 6:00 - 7:15pm **Jivamukti Basics Class**  
Standing Poses (\$10)
- 7:15 - 8:00pm Jivamukti Philosophy: Why OM? –  
basic principles of vinyasa krama
- 8:00 - 10:00pm **ASANA/ASSIST**  
**Seated Hip Openers**  
hanumanasana, baddha konasana,  
virasana, pigeon, frog, and maybe  
even lotus variations. Neutralizers

## Saturday, October 13, 2018

- 10:00 - 11:15am **Jivamukti Open Class (\$10)**
- 11:15 - 12:30pm **Kirtan** - Invocations Jiva  
**Pranayama** - Nadi shodhana  
antar kumbaka, etc.  
**So Ham mantra meaning**
- 12:30 - 2:30pm **Philosophy**  
Gunas and Doshas/Ayurveda
- 2:30 - 4:00pm **Jivamukti Basics Class**  
Forward Bends (\$10)
- 4:00 - 6:00pm **ASANA/ASSIST**  
**Surya Namaskar Vinyasa**  
Teacher Trainees lead Sun Salutations  
& practice assists

## Sunday, October 14, 2018

- 10:00 - 11:15am **Jivamukti Open Class**  
So Ham Theme - hip openings (\$10)
- 11:15 - 12:15pm **Invocations-Mantra**  
Saha Navavatu, satsangattve,  
meditation
- 12:15 - 3:15pm **Basics of Teaching Basics**  
Discussion. Sun A w/assist
- 3:15 - 5:15pm **ASANA/ASSIST**  
**Forward Bending** - dandasana,  
sukhasana, etc. seated and standing  
forward bends
- 5:15 - 6:00pm **Pranayama**  
Viloma 3 part breath. Meditation



the  
**YOGA**  
room  
yoga for health  
& serenity

All classes and workshops held at:

**The Yoga Room** in Little Italy  
Murray Hill Galleries  
2026 Murray Hill Road  
Cleveland, Ohio 44106

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*When arriving, please be mindful of  
classes in progress.*