

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.

January 2019

Focus on: The Yoga Sutra's

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.

The **Yoga Sutra's** are like the "**how to get into a Samadhi state of mind**", otherwise known as the highest state of mind; a peaceful state of mind...

Saturday, January 12, 2019

- 10:00 - 11:30am **Jivamukti Open Class (\$10)**
Basics - Turning it Upside Down & Putting it All Together
- 11:30 - 12:30pm **Kirtan** - Gayatri Mantra
Breathing - Nadi Shodana
- 12:30 - 2:30pm **Philosophy**
Yoga Sutra's Book 3
- 2:30 - 4:30pm **Teacher Trainee's practice**
- 4:30 - 6:00pm **ASANA/ASSIST**
Balance/Twists
Ardha Matsyendra, parvitta ardha chandrasana, parvitta trikonasana, utthita hasta padangusta with twists, etc.

Sunday, January 13, 2019

- 10:00 - 11:15am **Anusara Open Class**
Shoulder/Kidney Loop (\$10)
- 11:15 - 12:00pm **Yantra Meditation**
- 12:30 - 2:30pm **Philosophy**
Yoga Sutra's Book 4
- 2:30 - 3:30pm **Teacher Trainee's practice**
- 3:30 - 4:30pm **ASANA/ASSIST**
Inversions/Arm Balances - hand, head, forearm, shoulder stands, crow, parsva bakasana, scorpion on hands and forearms, ashta vakrasana, eka pada galavasana, (maybe Savasana on back and belly), Alignment **Yoga Nidra**
- 4:30 - 6:00pm **ASANA/ASSIST**
Matsyasana, karna pidasana



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.