

# 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.

**February 2019**

**Focus on: The Bhagavad Gita  
and The Upanishads**

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.

- ⊕ Gain a deeper understanding of the Bhagavad Gita & The Upanishads
- ⊕ Explore in depth the teachings of these ancient writings



**Saturday, February 9, 2019**

- 10:00 - 11:15am **Anusara Open Class (\$10)**  
Thigh Loop/Pelvic Loop, IS/OS
- 11:15 - 11:45am **Pranayama/Meditation**
- 12:30 - 2:30pm **Philosophy Talk:  
Bhagavad Gita**
- 2:30 - 3:30pm **Correctives: Upper Body**
- 3:30 - 4:30pm **ASANA/ASSIST**  
Arms, balances, backbends, fun!  
Hips and shoulders!
- 4:30 - 6:00pm **Pregnancy Yoga**

**Sunday, February 10, 2019**

- 10:00 - 11:15am **Jivamukti Open Class (\$10)**  
Bhagavad Gita Theme
- 11:15 - 11:45am **Pranayama/Meditation**
- 12:30 - 2:30pm **Philosophy: Overview  
Upanishads & Vedas**
- 2:30 - 4:45pm **Teacher Trainee's practice**
- 4:45 - 6:00pm **Correctives: Lower Body**

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](mailto:marni.task@gmail.com)

Facebook: [fb.me/YogaRoomCLE](https://fb.me/YogaRoomCLE)

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