

# 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.

## Saturday, March 09, 2019

- 10:00 - 11:15am **Jivamukti Simple Class (\$10)**  
Handstand (Ahimsa/Bramachariya)
- 11:15 - 11:45am **Metta Meditation**
- 12:30 - 1:30pm **Philosophy Talk:  
Anusara Tattvas**
- 1:45 - 3:45pm **TT's give Dharma Talk on  
Yoga Sutras or Bhagavad  
Gita**
- 4:00 - 6:00pm **Restoratives/salamba**  
sarvangasana, halasana, viparita  
karani with bolsters against wall,  
belt legs shoulder cushion for mini  
shoulder stand, supported child,  
supported paschimottanasana,  
supported twist, supta baddha  
konasana, supported virasana  
lumbar curve support neck support  
butt supported by block, babbling  
brook, paschimottanasana with  
block or blanket



the  
**YOGA**  
room

yoga for health  
& serenity

## Sunday, March 10, 2019

- 10:00 - 11:15am **Anusara Tattvas Class (\$10)**  
Bhagavad Gita Theme
- 11:15 - 1:15pm **TT's lead us in Meditation,  
invocation or pranayama**
- 1:15 - 2:15pm **ASANA/ASSIST: Teach  
Binding**, parsvakonasana,  
parvritta parsvakonasana, bird of  
paradise (and any remaining poses  
that need to be covered)
- 2:15 - 4:15pm **Business of Yoga**  
CYT Insurance  
Ethics of Yoga teaching
- 4:15 - 6:00pm **TT's lead us in Meditation,  
invocation or pranayama**

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)

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