

IN THIS COURSE OF STUDY
&
PRACTICE YOU WILL LEARN:

- Asana alignment and the Therapeutic Health Benefits of Yoga
- To Practice & Teach Meditation
- To Practice & Teach Pranayama
- Anatomy and Physiology in a Language Suitable for Teaching
- Safe and effective verbal and Hands-on Postural Adjustments
- Yoga philosophy, History of Yoga, Jivamukti Philosophy/Anusara Philosophy
- The Universal Principles of Alignment in the Anusara Tradition
- The 5 Tenets of Jivamukti Yoga, Vinyasa Krama
- Choosing a Theme & Weaving it Through a Class.
- Basics of Sanskrit & Sanskrit Names of Asanas
- Energy Anatomy: Chakras, Koshas, Nadis, Bandhas & more...
- Create a Satsang that Supports Your Life and Practice
- Teaching Methodology, Including Relationship with Yoga Students
- Planning a Yoga Class, The Skill of Sequencing a Class, Teacher Demos
- Cultivate a Trust and Confidence in Your SELF
- Develop Deep, Intimate Connections with Your Fellow TT's
- Explore the Magic of Mantra, Meditation, and Chanting



Cost of Program: \$3400
(not including books)

Cost of Program: \$3,400
(not including books)

Payments include all TT training hours as well as UNLIMITED yoga classes at The Yoga Room Cleveland, in Little Italy

Payment (Check or Cash)

Option A: \$3,300 paid in full before the beginning YTT

Option B: \$1,575 due 1st day & \$1,575 due start of the second half of TT

*other payment options available: cc, PayPal, Venmo

\$250.00 deposit with TT application non-refundable

Required Texts

1) Jivamukti Yoga: Practices for Liberating Body & Soul by Sharon Gannon & David Life
2) Anusara Teacher Training Manual by John Friend-PURCHASE DIRECTLY FROM MARNI .

3) The Anatomy Coloring Book - Kopit
4) Hatha Yoga Pradipika by Swami Muktibodhanada Bihar School of Yoga
5) Bhagavad Gita by Juan Mascaro
6) Yoga Sutras of Patanjali by Swami Satchidananda

7) Light on Yoga by BKS Iyengar
8) The Upanishads by Juan Mascaro
9) Notebook/journal & Binder

There are many translations of some of the required texts. Please get the books and translations listed.

CONTACT MARNI TASK

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216-533-4328

marnitask.com or indulotion.com

jivamuktia yoga

WITH
MARNI TASK



200 Hour Yoga
Teacher Training Course
TEACHER TRAINING APPLICATION

THE YOGA ROOM-CLEVELAND

2026 MURRAY HILL RD., RM 210,
CLEVELAND, OH 44106

FRIDAY: 5:00pm-9:00pm

SATURDAY: 9:00am-5:00pm

SUNDAY: 9:00am-5:00pm

2023

WK1: SEP. 8-10, 2023

WK2: OCT 20-22, 2023 WK3: NOV. 17-19, 2023

WK4: DEC. 15-17, 2023

2024

WK5: JAN 12-14, 2024 WK6: FEB 22-25, 2024

WK7: MAR 8-10, 2024 WK8: APR 12-14, 2024

WK9: MAY 3-5, 2024





"MARNI INFUSED EACH TRAINING SESSION with her warm, upbeat personality & shared her vast knowledge of yoga philosophy, asana, adjustments & assists & pranayama in an accessible, fun way. Plenty of hands-on experience, practice teaching & discussion allowed me to feel very prepared to launch my career as a yoga teacher. I consider myself blessed to have studied with Marni."

- Jennifer Lenhart
Owner of Santsang Yoga Berea

Pre-requisite:

Some yoga experience & a basic knowledge of yoga is required.

What is most required is a deep commitment to one self, a desire to learn & what's most important is an open heart to make the first giant leap onto the path of being a yoga teacher.

Answering the questions on this application is the beginning of your yoga teaching adventure.

The answers can be found in many texts such as the Yoga Sutras, Light on Yoga and believe it or not... the world wide web!

If you cannot find the answers please feel free to ask me or other yoga teachers where to source these answers.

Feel free to ask if you need guidance.

Asking the question is the beginning to the answer!

APPLICATION

First Name:

Last Name:

Address:

City: State: Zip:

Home Phone:

Work Phone:

Cell Phone:

E-mail:

Age/Date of Birth:

Gender: M F

Social Media Handles:

IG@:

FB@:

TW@:

Email the above information with picture (jpeg) & answers to the application questions to: marnitask@gmail.com and also bring the answers to the questions with you to the first day of class.



PLEASE ANSWER THE FOLLOWING QUESTIONS as clearly & sincerely as you can.

Sometimes there will be no right or wrong answer.

1. What is Yoga? Do you consider Yoga a religion?
2. What is your background in Yoga? Please include teachers, style and where you study.
3. Are you a Yoga teacher? If so, please describe in detail your classes and previous training experience.
4. Do you have a personal home Yoga practice or a studio practice? Please describe your practice & frequency.
5. Do you have a regular meditation & pranayama practice? If so, please describe your practice & frequency.
6. Do you have any injuries or medical conditions?
7. Please describe in detail the five Tenets of Jivamukti Yoga.
8. Please describe in detail the Five Principles of Anusara Yoga.
9. Who was Patanjali?
10. What are the 8 limbs of Ashtanga Yoga?