



**Garden of Yoga**  
presents:  
**Meditation in Asana**  
with  
**Janet MacLeod**  
**October 26-28, 2018**



For more information about Janet, check her website: [www.jmacleodyoga.com](http://www.jmacleodyoga.com)

<b>Entire Workshop</b>		<b>\$250</b>
<b>(Early Bird Special: \$200 for entire workshop if you sign up before October 15)</b>		
<b>Friday, October 26</b>	<b>6:30-8:30 pm</b>	<b>\$60</b>
<b>Saturday, October 27</b>	<b>8:00-10:30 am</b>	<b>\$70</b>
	<b>Noon-1:30 pm</b>	<b>\$60</b>
<b>Sunday, October 28</b>	<b>8:00-9:00 am</b>	<b>\$30</b>
	<b>9:30 am-Noon</b>	<b>\$70</b>

**BKS Iyengar has stated on many occasions that he taught all eight limbs of yoga primarily through refining Asana and Pranayama. In this workshop Janet will focus on pacifying the sense organs, exploring the effect of this practice on the brain and how this enables us to perform postures with more ease. All categories of asana will be covered during the weekend. The early session on Sunday will be Pranayama**

**Registration for Janet MacLeod Yoga Workshop October 26-28, 2018**

Name \_\_\_\_\_ e-mail Address \_\_\_\_\_

Street Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Phone number \_\_\_\_\_

All Five Classes \_\_\_\_\_

Friday class \_\_\_\_\_ Saturday(am) \_\_\_\_\_ Saturday(pm) \_\_\_\_\_

Sunday(Prana) \_\_\_\_\_ Sunday(Asana) \_\_\_\_\_

Amount remitted: \_\_\_\_\_

**You will be informed if classes are full. Assume you are registered if you are not notified. Refunds will be granted minus \$25 processing fee until October 15; after that date, no refunds.**

**Garden of Yoga**  
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LaGrange, IL 60525  
(708)989 1329

**Gardenofyoga.net**  
**jmacleodyoga.com**