



Garden of Yoga
 presents:
The Four Corners
 with
Janet MacLeod
April 6-8, 2018



For more information about Janet, check her website: www.jmacleodyoga.com

Entire Workshop **\$250**
 (Early Bird Special: \$200 for entire workshop if you sign up before March 24)

Friday, April 6 **6:30-8:30 pm \$60**

Saturday, April 7 **8:00-10:30 am \$70**
Noon-1:30 pm \$60

Sunday, April 8 **8:00-9:00 am \$30**
9:30 am-Noon \$70

Creating freedom in the hips and shoulders (the four corners) gives you access to the strength of your legs and arms to support the spine and inner organs. This will be the theme of the workshop in a variety of poses.

Registration for Janet MacLeod Yoga Workshop April 6-8, 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 March 24; after that date, no refunds.

Garden of Yoga
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Gardenofyoga.net
 jmacleodyoga.com