



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

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

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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Gardenofyoga.net
jmacleodyoga.com