



Garden of Yoga

presents:

Yoga on the Chairs

with

Janet MacLeod

October 11-13, 2019



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 1)

Friday, October 11

Forward Bends

6:30-8:30 pm \$60

Saturday, October 12

Standings/Inversions

**8:00-10:30 am \$70
Noon-1:30 pm \$60**

Sunday, October 13

Pranayama/Backbends

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

In the early days BKS Iyengar used props to assist students who came to him with physical ailments. Over time, he realized that these props could be effective teaching tools. One of the most widely used of these is the metal folding chair. During this weekend workshop Janet will use the chair to deepen your awareness in all categories of asana. You may be thinking that you are in for an easy time; you will discover that the chair can be quite a demanding teacher!!

Registration for Janet MacLeod Yoga Workshop October 11-13, 2019

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 1; after that date, no refunds.

Garden of Yoga
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Gardenofyoga.net
jmacleodyoga.com