



Garden of Yoga

presents:

FALL WORKSHOP

with

Janet MacLeod

and

Regina Brunig

October 2-4, 2020



Entire Workshop \$250 (Early Bird Special - \$200; signup before September 15)

Friday, October 2	Going deeper with Forward Extensions	5:00-7:00 pm	\$60
Saturday, October 3	Sutra Study, Chanting, Meditation	8:00-9:00 am	\$30
	Supported Standing Asanas	9:30-11:30 am	\$60
	Restorative/Pranayama	1:30-3:00 pm	\$45
Sunday, October 4	Sutra Study, Chanting, Meditation	8:00-9:00 am	\$30
	Upper Back and Shoulder Opening	9:30-11:30 am	\$60
	Restorative/Pranayama	1:30-3:00 pm	\$45

'Asanas should be approached in an appropriate way rather than the correct way.'
-Prashant S. Iyengar

Janet will follow this sound advice during the weekend at Garden of Yoga. The 8 am sessions will be led by Guest Instructor - Regina Brunig

Registration for MacLeod/Brunig Yoga Workshop October 2-4, 2020

Name _____ e-mail Address _____

Street Address _____ City, State, Zip _____

Phone number _____

All Seven Classes _____

Friday class _____ Saturday(8 am) _____ Saturday(9:30 am) _____ Saturday(1:30 pm) _____

Sunday(8 am) _____ Sunday(9:30 am) _____ Sunday(1:30 am) _____

Amount remitted*: _____ *No-one turned away for lack of funds

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 September 15; after that date, no refunds.

**Garden of Yoga
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(708)989 1329**

**Gardenofyoga.net
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