

# Garden of Yoga Sundays in September 2020

## Special Guest Instructor: Janet MacLeod

### Developing a Home Practice (Livestreamed Online\*)

In this series of classes, Janet will present a sequence for all 4 categories of asana:

- Standing
- Seated
- Backbending
- Inversions



She will provide a handout which will include the sequences and other useful information to make yoga at home more meaningful and appropriate to the current situation. Suitable for students and teachers who wish to motivate their students to establish a personal practice.

**Sunday, September 6, 13, 20, 27, 2020 10-11:15 am (Chicago Time)**  
**Fee: \$100.00 which includes a handout**

As this offering is a donation for Garden of Yoga, please pay according to your means. The entire income will go to your favorite yoga studio on the planet.



For more info and to register contact :  
Kathleen Wright  
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email: [yogakmw@gmail.com](mailto:yogakmw@gmail.com)

**\* On Saturday, September 5<sup>th</sup>, all registrants will receive the handout and Zoom link by email.**