



Garden of Yoga

presents:

SPRING WORKSHOP

with

Janet MacLeod

and

Regina Brunig

April 23-25, 2021



Entire Workshop \$250 (Early Bird Special - \$200; signup before April 10)

Friday, April 23	Get hip! Hip Openers	5:00-7:00 pm	\$60
Saturday, April 24	Sutra Study, Chanting, Meditation	8:00-9:00 am	\$30
	Supta Padangusthasana-variations on a theme	9:30-11:30 am	\$60
	Restorative/Pranayama	1:30-3:00 pm	\$45
Sunday, April 25	Sutra Study, Chanting, Meditation	8:00-9:00 am	\$30
	Twists of All Kinds	9:30-11:30 am	\$60
	Restorative/Pranayama	1:30-3:00 pm	\$45

While you are attending yoga classes on Zoom it is important to be sensitive and responsible since the instructor is not in the studio with you. A quote from Mr. Iyengar comes to mind 'proceed with courage and caution.' 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 April 23-25, 2021

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 April 10; after that date, no refunds.

Garden of Yoga
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