



**Garden of Yoga**  
 presents:  
**SPRING INTO YOGA**  
 with  
**Janet MacLeod**  
**April 8-10, 2022**



**Entire Workshop**

**\$250**

(Early Bird Special: \$200 for entire workshop if you sign up before April 1)

<b>Friday, April 8</b>	<b>Forward Bends</b>	<b>6:30-8:30 pm</b>	<b>\$60</b>
<b>Saturday, April 9</b>	<b>Standings/Inversions</b>	<b>8:00-10:30 am</b>	<b>\$70</b>
		<b>Noon-1:30 pm</b>	<b>\$60</b>
<b>Sunday, April 10</b>	<b>Pranayama/Backbends</b>	<b>8:00-9:00 am</b>	<b>\$30</b>
		<b>9:30 am-Noon</b>	<b>\$70</b>

Ayurveda, the sister science of yoga informs us that Kapha is accumulated during the winter season. This workshop is intended bring lightness back into your constitution. Creating space in the chest will transform you out of the heaviness of winter into the lightness of spring. All categories of asana will be taught to encourage lightness of being.

**Registration for Janet MacLeod Yoga Workshop April 8-10, 2022**

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 April 1; after that date, no refunds.

**Garden of Yoga**  
**140 N LaGrange Rd St #17**  
**LaGrange, IL 60525**  
**(708)989 1329**

**Gardenofyoga.net**  
**jmacleodyoga.com**

**For more information about Janet, check her website: [www.jmacleodyoga.com](http://www.jmacleodyoga.com)**