



Garden of Yoga

presents:

Staying Healthy with the Seasons

with

Janet MacLeod

October 28-30, 2022

(Livestreaming on ZOOM)



Entire Workshop

\$200

(Early Bird Special: \$160 for entire workshop if you sign up before October 21)

Friday, October 28

Forward Bends

All Times CDT

6:00-8:00 pm

\$60

Saturday, October 29

**Standings
Pranayama &
Pre-Pranayama Poses**

10:30 am -1:00 pm

\$70

3:00-4:30 pm

\$50

Sunday, October 30

Backbends

10:00 am-Noon

\$60

It is important to customize the practice of yoga for both physical and mental well-being. As the days get shorter, it is easy to slip into a negative state of mind.

Janet will teach all categories of Asana in a way that will be psychologically uplifting to help get you through the long midwestern winter.

Registration for Janet MacLeod Yoga Workshop October 28-30, 2022 (Livestreaming on ZOOM)

Name _____ e-mail Address _____

Street Address _____ City, State, Zip _____

Phone number _____

All Five Classes _____

Friday class _____

Saturday(am) _____

Saturday(pm) _____

Sunday _____

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 21; after that date,
no refunds.

Garden of Yoga
140 N LaGrange Rd St #17
LaGrange, IL 60525
(708)989 1320

Gardenofyoga.net
jmacleodyoga.com

For more information about Janet, check her website: www.jmacleodyoga.com