



Benefit Yoga Classes

with

Janet MacLeod

at

AB Mixed Martial Arts Academy

2975 San Bruno Avenue

San Francisco, CA

YOGA IN PORTOLA

Janet will teach an Iyengar Yoga Class on the first Saturday of each month - January to June, 2019 from 9:00-10:00 am. The class is open to all levels. Pay what you can. All proceeds from these classes will be donated to the Goettingen Neighbors Group (GNG).

The GNG members are a wonderful group of positive, environmentally minded people. They are well organized and share great concern for the Portola neighborhood and residents.

Please bring a yoga mat if you have one.

JANET has taught yoga in San Francisco and around the world for close to 40 years. She believes in the transformational power of yoga and shares her experience in a joyful way to each and every student she has the privilege of teaching.

For more information contact Janet at:

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