



Benefit Yoga Workshop
with
Janet MacLeod
at
Adeline Yoga
Berkeley, CA
April 20, 2019
2-5:00 pm

“MOVING FROM HAPPINESS TO DELIGHT IN ASANA”
-BKS Iyengar

To be able to reach a meditative state in an asana, the dynamics of the asana need to be understood. Janet will use props to deepen your understanding of poses you do every day so they are more sustainable. This will allow you to move away from the struggling and striving mode to one of mental tranquility.

JANET began her study of Iyengar Yoga in the late 70's in London. Upon her arrival in San Francisco a few years later, she enrolled in the Teacher Training Program offered by the Iyengar Yoga Institute of San Francisco. She became a CIYT in 1983 and that year took her first trip to the Mother Institute in Pune, India. She has studied with the Iyengar family ever since, both in India and while attending Yoga Conferences in the USA and abroad. She has taught ongoing classes in San Francisco and teaches workshops and retreats worldwide. Janet 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.

Suggested Donation - \$60.00

- All proceeds from this workshop will go to the *Yoga Blessings Fund* (this fund makes yoga accessible to those enduring financial hardship).

To Register:

Contact Adeline Yoga:

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