

## Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

### Entire Workshop - All Levels

\_\_\_\_\_ \$100 deposit (\$300 balance due 5/1)

\_\_\_\_\_ \$400 Full fee (if paid by 5/1)

\_\_\_\_\_ \$440 Full fee (if paid after 5/1)

### Single Day Workshop - All Levels

\_\_\_\_\_ \$110 / \$120 per day (if paid after 5/1)

### Saturday 5/18

_____ Pranayama	8:30-9:30am	\$25/28*
_____ Warrior Poses	10:00-Noon	\$55/60*
_____ Supine Poses	2:00-3:30pm	\$45/48*

### Sunday 5/19

_____ Pranayama	8:30-9:30am	\$25/28*
_____ Standing Twists	10:00-Noon	\$55/60*
_____ Seated & Supine Twists	2:00-3:30pm	\$45/48*

### Monday 5/20

_____ Pranayama	8:30-9:30am	\$25/28*
_____ Backbends	10:00-Noon	\$55/60*
_____ Restorative	2:00-3:30pm	\$45/48*

### Tuesday 5/21

_____ Pranayama	8:30-9:30am	\$25/28*
_____ Inversions	10:00-Noon	\$55/60*
_____ Supported Forward Extensions	2:00-3:30pm	\$45/48*

\* after 5/1

Total enclosed \$ \_\_\_\_\_

(Check /money order to Big Island Yoga Center)

To pay by credit card  
please call Joan 808.769.0772

## BIYC: Our Foundations

**Iyengar Yoga** is based on the teachings of Indian master BKS Iyengar. It emphasizes precise and careful body alignment, muscular balance, and maximum spinal extension. By using simple props, the Iyengar method helps people of any age or physical condition to practice Yoga safely and derive its benefits. Yoga can enhance athletic performance, ease discomfort from stiff muscles and joints, and reduce the effects of stress. BIYC is fortunate to have 3 certified Iyengar yoga teachers on our schedule.

**Purna Yoga** is based on the teachings of Sri Aurbindo and The Mother, the Vedas, Patanjali, BKS Iyengar, and the systems of Ayurvedic, Chinese and Western nutrition, synthesized by the personal experience of Aadil Palkhivala and Savitri. *Purna* means "complete," and Purna Yoga distills and integrates the vastness of Yoga into an invaluable set of tools for transformation and healing.

### Payment Calendar & Refund Policy

**By 5/1:** Payment in full for Early Bird rate

**After 5/1:** Full rate applies

**May: 11** All payments & any requests for refunds must be received. A 75% refund may be given only if a replacement for your spot can be found.

• **Space is Limited** • **Register Early** •

Preference is given to those registering for the full workshop. If you wish to take single days or individual classes, please send your registration as early as possible.

**Registrar:** Joan Hughes 808.769.0772

**E-mail:** jhughes.hwrs@gmail.com

**Mail to:** Big Island Yoga Center  
P.O. Box 2233  
Kealahou, HI 967450



Janet  
MacLeod  
May 18 - 21, 2019



Iyengar Yoga Intensive

BIYC  
Kealahou

www.bigislandyoga.com

329-YOGA (9642)

# Workshop Schedule

*This is an ALL LEVELS workshop*

<b>Saturday</b>	8:30a – 9:30 am	Pranayama
	10:00 – Noon	Warrior Poses
	2:00 – 3:30 pm	Supine Poses
<b>Sunday</b>	8:30a – 9:30 am	Pranayama
	10:00 – Noon	Standing Twists
	2:00 – 3:30 pm	Seated and Supine Twists
<b>Monday</b>	8:30a – 9:30 am	Pranayama
	10:00 – Noon	Backbends
	2:00 – 3:30 pm	Restorative
<b>Tuesday</b>	8:30a – 9:30 am	Pranayama
	10:00 – Noon	Inversions
	2:00 – 3:30 pm	Supported Forward Extensions

## SPECIAL RATE ENTIRE WORKSHOP

**18 hours**

**\$400 by 5/1 • \$440 after 5/1**

*To qualify for the discounted rate,  
full payment must be received  
by May 1, 2019*

## About Janet MacLeod

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 teacher 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.

Janet continues to study in India and in the U.S. with the Iyengar family, most recently in May 2016 when she attended the convention in Boca Raton, Florida.

## Iyengar Yoga Intensive

### DEEPENING YOUR PRACTICE

Most teachers and students have a daily practice and a regular class they attend once a week. Immersing yourself in yoga for 4 days can take your practice to a deeper level where you can really feel the positive, powerful effect of this ancient art and science. Don't miss the opportunity to attend this workshop with Janet MacLeod who has been inspiring us at Big Island Yoga for the past 15 years.

## Saturday, May 18

8:30 - 9:30 am	Pranayama
10:00 am - Noon	Warrior Poses
2:00 - 3:30 pm	Supine Poses

## Sunday, May 19

8:30 - 9:30 am	Pranayama
10:00 am - Noon	Standing Twists
2:00 - 3:30 pm	Seated and Supine Twists

## Monday, May 20

8:30 - 9:30 am	Pranayama
10:00 am - Noon	Backbends
2:00 - 3:30 pm	Restorative

## Tuesday, May 21

8:30 - 9:30 am	Pranayama
10:00 am - Noon	Inversions
2:00 - 3:30 pm	Supported Forward Extensions

In all categories as asana, Janet will use skillful sequencing and use of props to bring your poses to a deeper level. For those who are unable to perform the classical pose, modifications will be offered.