

Registration Form

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____

Saturday 5/23

_____ 9:00 am-10:00 am Pranayama 25/30*
_____ 10:30 am-1:00 pm Lateral Standings 65/70*
_____ 3:00 pm-4:30 pm Seated Forward Bends 45/50*

Sunday 5/24

_____ 9:00 am-10:00 am Pranayama 25/30*
_____ 10:30 am-1:00 pm Standing Twists 65/70*
_____ 3:00 pm-4:30 pm Seated Twists 45/50*

Monday 5/25

_____ 9:00 am-10:00 am Pranayama 25/30*
_____ 10:30 am-1:00 pm Inversions 65/70*
_____ 3:00 pm-4:30 pm Supported Asanas 45/50*
(inversions and supine)

Tuesday 5/26

_____ 9:00 am-10:00 am Pranayama 25/30*
_____ 10:30 am-1:00 pm Backbends 65/70*
_____ 3:00 pm-4:30 pm Supported Forward Bends 45/50*

Pricing:

Entire Workshop \$480 before 5/5 • \$520 after 5/5

Deposit \$120.00 before 5/5

Single Day \$120/\$130*

* after 5/5

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.

Payment Calendar & Refund Policy

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

After 5/5: Full rate applies

May: 15 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
Workshop
May 23 – 26, 2020



**YOGA TO MAKE YOUR
HEART SING
ALL LEVELS**

BIYC
Kealahou

www.bigislandyoga.com

YOGA TO MAKE YOUR HEART SING

Janet will teach all categories of asana with an emphasis on height and width in the chest.

Keeping an open chest in Asana is necessary to receive the benefits - both physical and psychological. Poor posture has a negative effect on all the physiological systems of the body. In addition we can look at the practice of asana as a form of somatic psychology. It's hard to feel depressed when your chest is light and open. Janet will be emphasizing this opening in all categories of asana.



SPECIAL RATE ENTIRE WORKSHOP

20 hours

\$480 by 5/5 • \$520 after 5/5

*To qualify for the discounted rate,
full payment must be received
by May 5, 2020*

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 23

9:00 am - 10:00 am Pranayama
10:30 am - 1:00 pm Lateral Standings
3:00 pm - 4:30 pm Seated Forward Bends

Sunday, May 24

9:00 am - 10:00 am Pranayama
10:30 am - 1:00 pm Standing Twists
3:00 pm - 4:30 pm Seated Twists

Monday, May 25

9:00 am - 10:00 am – Pranayama
10:30 am - 1:00 pm – Inversions
3:00 pm - 4:30 pm - Supported Asanas
(inversions and supine)

Tuesday, May 26

9:00 am - 10:00 am – Pranayama
10:30am - 1:00 pm – Backbends
3:00 pm - 4:30 pm - Supported Forward
Bends

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.