



LIVE ONLINE WORKSHOP
Basic Asanas ~ Going Deeper
w/*Janet MacLeod*

JULY 11TH

10am-12noon (HST) Sundays

BACKBENDING ASANAS

\$35 per class

In this series of Sunday classes Janet will teach fundamental asanas in each session so that students can experience a more meditative state in the practice. BKS Iyengar referred to his style of teaching as 'meditation in movement'.

REGISTER: <http://bigislandyoga.com>
CONTACT: reagan@bigislandyoga.com

BIG ISLAND YOGA CENTER



LIVE ONLINE WORKSHOP
Basic Asanas ~ Going Deeper
w/*Janet MacLeod*

AUGUST 15TH

10am-12noon (HST) Sundays

INVERSIONS & PRANAYAMA

\$35 per class

In this series of Sunday classes
Janet will teach fundamental asanas in each session so that
students can experience a more meditative state in the practice.
BKS Iyengar referred to his style of teaching as 'meditation in
movement'.

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