

## 4-Week Pranayama Course w/Janet MacLeod



Mondays 9-10:30 am November 4, 11, 18 and 25, 2019

In this 4 week series, the following will be presented:

- Asana which can be practiced before Pranayama
- Supine Pranayama with a variety of supports
- Cultivating a comfortable seat
- Seated Pranayama

Suited for students who wish to develop or deepen their practice; teachers or teachers in training who would like to acquire skill in teaching Pranayama to their students.

Janet has been a Certified Iyengar Instructor since 1983. She has taught ongoing public classes and teacher training in San Francisco and workshops and retreats worldwide.

She has practiced Pranayama daily since 1982. She is a knowledgeable teacher with a lighthearted approach to a subject she is passionate about.

### **Bija Yoga-[www.bijayoga.com](http://www.bijayoga.com)**

Register on-line at the Workshops page or call:  
415.661.9642 to sign up

Fee-\$90.00 (includes booklet by Prashant Iyengar)

1348 9th Avenue (Between Irving and Judah)  
San Francisco, California 94122

