

5-Week Pranayama Course w/Janet MacLeod



Mondays 8:00-9:00 am November 2, 9, 16, 23 and 30, 2020

In this 5 week series, the following will be presented:

- Supine Pranayama with a variety of supports
- Cultivating a comfortable seat
- Seated Pranayama

Suited to 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 Yoga 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.

Classes Livestreamed by Bija Yoga

Bija Yoga-www.bijayoga.com

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

Fee-\$100.00 Entire Series; \$25.00 Individual Classes

