



# Garden of Yoga

presents:

## Yoga on the Chairs

with

### Janet MacLeod

### October 11-13, 2019



For more information about Janet, check her website: [www.jmacleodyoga.com](http://www.jmacleodyoga.com)

**Entire Workshop**

**\$250**

(Early Bird Special: \$200 for entire workshop if you sign up before October 1)

**Friday, October 11**

**Forward Bends**

**6:30-8:30 pm \$60**

**Saturday, October 12**

**Standings/Inversions**

**8:00-10:30 am \$70  
Noon-1:30 pm \$60**

**Sunday, October 13**

**Pranayama/Backbends**

**8:00-9:00 am \$30  
9:30 am-Noon \$70**

In the early days BKS Iyengar used props to assist students who came to him with physical ailments. Over time, he realized that these props could be effective teaching tools. One of the most widely used of these is the metal folding chair. During this weekend workshop Janet will use the chair to deepen your awareness in all categories of asana. You may be thinking that you are in for an easy time; you will discover that the chair can be quite a demanding teacher!!

### Registration for Janet MacLeod Yoga Workshop October 11-13, 2019

Name \_\_\_\_\_ e-mail Address \_\_\_\_\_

Street Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Phone number \_\_\_\_\_

All Five Classes \_\_\_\_\_

Friday class \_\_\_\_\_

Saturday(am) \_\_\_\_\_

Saturday(pm) \_\_\_\_\_

Sunday(Prana) \_\_\_\_\_

Sunday(Asana) \_\_\_\_\_

Amount remitted: \_\_\_\_\_

You will be informed if classes are full. Assume you are registered if you are not notified. Refunds will be granted minus \$25 processing fee until October 1; after that date, no refunds.

Garden of Yoga  
140 N LaGrange Rd St #17  
LaGrange, IL 60525  
(708)989 1329

Gardenofyoga.net  
jmacleodyoga.com



**Garden of Yoga**  
**presents:**  
**Art of Teaching**  
**with**  
**Janet MacLeod**  
**October 11-12, 2019**



For more information about Janet, check her website: [www.jmacleodyoga.com](http://www.jmacleodyoga.com)

<b>Both Sessions</b>		<b>\$100</b>
<b>Friday, October 11</b>	<b>3:00-5:00 pm</b>	<b>\$60</b>
<b>Saturday, October 12</b>	<b>2:30-4:30 pm</b>	<b>\$60</b>

As we are all aware, being a student of yoga involves life long learning. Teaching yoga requires the same level of dedication to continue to refine what you have to offer your students. Janet will offer 2 sessions focusing on Observation and Correction and Linking. Anyone who is teaching yoga and wishes to evolve their skills is eligible to participate.

**Registration for Janet MacLeod-Art of Teaching October 11-12, 2019**

Name \_\_\_\_\_ e-mail Address \_\_\_\_\_

Street Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Phone number \_\_\_\_\_

Both Classes \_\_\_\_\_

Friday class \_\_\_\_\_ Saturday class \_\_\_\_\_

Amount remitted: \_\_\_\_\_

You will be informed if classes are full. Assume you are registered if you are not notified. Refunds will be granted minus \$25 processing fee until October 1; after that date, no refunds.

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