



Garden of Yoga
 presents:
The Four Corners
 with
Janet MacLeod
April 6-8, 2018



For more information about Janet, check her website: www.jmacleodyoga.com

Entire Workshop **\$250**
 (Early Bird Special: \$200 for entire workshop if you sign up before March 24)

Friday, April 6 **6:30-8:30 pm \$60**

Saturday, April 7 **8:00-10:30 am \$70**
Noon-1:30 pm \$60

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

Creating freedom in the hips and shoulders (the four corners) gives you access to the strength of your legs and arms to support the spine and inner organs. This will be the theme of the workshop in a variety of poses.

Registration for Janet MacLeod Yoga Workshop April 6-8, 2018

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 March 24; 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:

Refine Your Teaching

with

Janet MacLeod

April 6-7, 2018



For more information about Janet, check her website: www.jmacleodyoga.com

Both Sessions

\$100

Friday, April 6

3:00-5:00 pm \$60

Saturday, April 7

2:30-4:30 pm \$60

You are all aware that refinement in your yoga practice is endless. This is also true of teaching yoga. We are fortunate to be in the Iyengar system where we can continue to grow our teaching in several ways; continuing education is required to maintain your certificate if you are a CIYT; progressing to the next level of certification are two options. Janet has been an assessor since the inception of the certification process in the US and is aware of the areas where candidates tend to be weak. She will address this and other topics to bring your teaching to a higher level.

Registration for Janet MacLeod -Refine Your Teaching April 6-7, 2018

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 March 24; after that date, no refunds.

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