

Yoga Center of Chico Special Guest Instructor:

May 4-6, 2018 Janet MacLeod

Friday 7:00 - 9:00 pm

Find deep inner peace with forward bends

Saturday Noon - 2:00 pm

Emulate a deep rooted tree with a variety of standings

Saturday 4:00 - 6:00 pm

Nourish your spine with twists of all kinds

Sunday Noon - 2:00 pm

Prostrations to the sky-backbends



Janet MacLeod fell in love with Iyengar Yoga in London, England in the late 70's. She became a Certified Iyengar Yoga Instructor 35 years ago. Originally from Scotland, Janet teaches throughout the United States and conducts guest workshops and retreats worldwide. Although her classes are demanding, she makes yoga a joyful journey with surprising destinations!

Entire workshop prior to April 15, 2018 \$160.00; thereafter \$180.00

Individual 2 hour Classes - \$45 each

For more Information visit our website or stop by the Center



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