

Yoga Center of Chico Special Guest Instructor:

May 10-12, 2019 Janet MacLeod

Friday 7:00 - 9:00 pm

PERFECT for Friday evening - a variety of supported poses

Saturday Noon - 2:00 pm

Comparing and Contrasting Adho Mukha Svanasana (dog pose) with Uttanasana (standing forward bend)

Saturday 4:00 - 6:00 pm

King and Queen of the Asanas; how to safely move into these poses physically and psychologically.

Sunday Noon - 2:00 pm

Backbending with Ease. Discover a rare level of comfort in these exhilarating poses with Janet's skillful sequencing.



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 21, 2019 \$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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