

Yoga Center of Chico May 7-9, 2021

Special Guest Instructor: Janet MacLeod

MEDITATION IN ACTION

This workshop will be based on the Yoga Sutra of Patanjali, 1.2 'Yogah cittavrtti nirodhah - Yoga ceases the fluctuations of the mind.

BKS Iyengar often referred to the practice of asana as 'meditation in action'. This is not an easy concept to grasp when struggling with hamstrings or shoulders in poses that challenge these areas.

All categories of asana will be taught in such a way that you will get some sense of inner quietness in your practice.



Friday 7:00 - 9:00 pm

supported poses

Saturday Noon - 2:00 pm

standing poses

Saturday 4:00 - 6:00 pm

seated poses

Sunday Noon - 2:00 pm

backbends and inversions

Janet MacLeod fell in love with Iyengar Yoga in London, England in the late 70's. She became a Certified Iyengar Yoga Instructor in 1983. 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 30, 2021 \$160.00; thereafter \$180.00
Individual 2 hour Classes - \$45 each



For more Information visit our website or stop by the Center
or email: yogitom@comcast.net