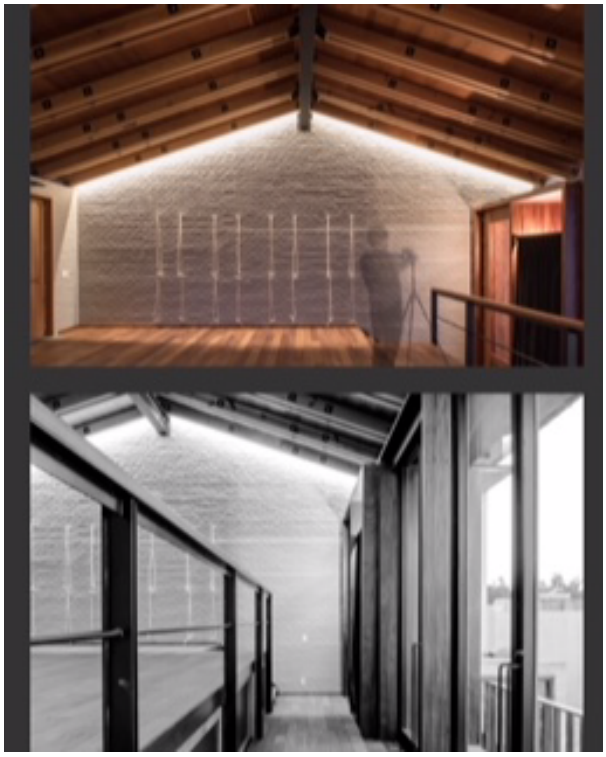

Weekend Yoga Workshop
Guadalajara, Mexico
with
Janet MacLeod

November 30-December 2, 2018
at
Maite's Studio

<u>Deepening Your Practice of Yoga</u>
In this workshop Janet will include all categories of asanas. The practice will be sequenced in such a way that poses that may seem daunting will be more within reach.

JANET began teaching in 1980. She teaches ongoing classes in San Francisco; conducts teacher training courses; teaches workshops and retreats worldwide.
Although she is very serious about yoga, Janet has a light-hearted approach to teaching; this allows students to learn and have a positive experience in class.

To register:
Contact Maite-
- maiteloaizac@gmail.com
- 011 52 3320 149 790

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