



# YOGA IN THE REDWOODS

With Janet MacLeod

March 15, 16, 17, 2019

## **Fees:**

**Members: \$170**

**Entire workshop**

*(\$150 if paid by March 1, 2019)*

Single classes:

2 1/2 hour class: \$50

2 hour class: \$40

**Non-Members: \$187**

**Entire workshop**

*(\$165 if paid by March 1, 2019)*

Single classes:

2 1/2 hour class: \$55

2 hour class: \$44

Join Janet in a beautiful setting at the Gualala Arts Center for a weekend of Yoga. Janet's gentle precision and nearly 40 years of commitment to teaching Iyengar Yoga shine through in her encouraging approach to all poses from the basic to even the most challenging.

## **Schedule of classes:**

Friday 5-7 PM

Saturday 10 AM-12:30 PM & 2:30-4:30 PM

Sunday 10 AM-12:30 PM

**To register or for more information contact**

Gualala Arts Center  
(707) 884-1138 or

Email:

[Info@GualalaArts.org](mailto:Info@GualalaArts.org)

For more information about Janet, visit her website: [jmacleodyoga.com](http://jmacleodyoga.com)

