



YOGA IN THE REDWOODS

With Janet McLeod

March 13, 14, 15, 2020

Fees:

Members: \$170

Entire workshop

(\$150 if paid by March 6, 2020)

Single classes:

2 1/2 hour class: \$50

2 hour class: \$40

Non-Members: \$187

Entire workshop

(\$165 if paid by March 6, 2020)

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 more than 30 years of commitment to teaching Iyengar Yoga shine through in her encouraging approach to all poses from basic to even the most challenging poses.

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

For more information
about Janet,
visit her website:
jmacleodyoga.com

