



California
Yoga
Center

1776 Miramonte
Avenue
(Blossom Valley Center)
Mountain View, CA
94040



650-967-5702
www.californiayoga.com

Stability & Ease in Practice

with

Janet MacLeod

Saturday June 9, 1:30 – 4:00 pm

Janet MacLeod began studying yoga in London during the late 1970's. She became a Certified Iyengar Yoga Instructor in 1983 and has continued to study since then with the Iyengar family both in the West and in India. She teaches ongoing classes at the Iyengar Yoga Institute of San Francisco (IYISF); is a teacher certification assessor for the Iyengar Yoga National Association of the United States and conducts workshops and retreats worldwide. Janet believes in sharing the joy that she has found in yoga with all who come in contact with her. This along with the technical skills she has accumulated over many years of personal practice, study and teaching make her a much sought after teacher wherever she goes.

Working with a variety of supine, standing and inverted poses, Janet will embrace the Yoga Sutra of Pantanjali, "Sthira sukham asanam", 2.46. The meaning of the sutra is balancing steadiness with ease. It is important to recognize that although effort is required to perform an asana, the effort needs to be combined with receptivity in order to bring a Sattvic quality to the asana practice. Sattva is described as a calm yet alert state of mind.

Fee is \$65 in advance, \$75 on day of event.

For online registration go to www.californiayoga.com

To register by mail, send check to California Yoga Center, 1776 Miramonte Avenue, Mountain View, CA, 94040. Checks are made out to CYC with name of workshop in memo line.