



California  
Yoga  
Center

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



# Divine, Sublime, Supine Asanas



with Janet MacLeod

LIVESTREAMED

Saturday, November 14, 2020

3:00-5:00pm California Time

Janet will teach a variety of Asanas lying down-creating both strength and flexibility. Janet has attended several Zoom workshops from the mother institute in Pune where there was a clear message to not work strenuously in postures during the worldwide pandemic. Mental stress negatively affects all the physiological systems of the human body. Yoga practice provides a means for reducing the impacts of the global situation and helps to keep us healthy.

**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 with the Iyengar family both in the West and in India. She teaches ongoing classes at the Iyengar Yoga Institute of San Francisco (IYISF). As both a faculty member in the teacher training program at IYISF and an assessor for the National Certification Committee, she has a deep understanding of Iyengar Yoga. Her style of teaching is faithful to the ancient tradition of yoga, but is infused with love and light. Janet believes in sharing the joy that she has found in yoga with all who come in contact with her.

Fee \$40-All proceeds to benefit CYC

650-967-5702  
www.californiayoga.com

For online registration go to [www.californiayoga.com](http://www.californiayoga.com)