

Incorporating the Yoga Sutras into Asana Practice

*An Iyengar Yoga Workshop
with Janet MacLeod*

*Otter Creek Yoga
in the Marble Works, Middlebury*

*Friday through Sunday
Sept 28-30, 2018*

BKS Iyengar taught the Yoga Sutras of Sage Patanjali through intense study of Asana and Pranayama. Janet will choose four Sutras one for each of the four classes she will conduct at OCY.

Patanjali's Yoga Sutras are divided into four chapters or padas, and our workshop will focus on sutras from the the first two padas: Samadhi Pada (the Chapter on Awakening) and Sadhana Pada (the Chapter on Practice)

Janet MacLeod

has been certified to teach Iyengar Yoga since 1983, and has traveled to Pune, India to study with the Iyengar family on multiple occasions. In this 3 day workshop, Janet will intersperse the teaching of asana and pranayama with stories from her many trips to the Ramamani Iyengar Memorial Yoga Institute.

Janet's dynamic teaching style is demanding yet welcoming to students of all levels. The joyful atmosphere in her classes invites release and transformation. A longtime faculty member of the Iyengar Yoga Institute of San Francisco, Janet teaches classes to the general public, trains teachers, and conducts retreats and workshops worldwide..



Sign up online at

www.ottercreekyoga.com/janet

802/388-1961

Friday Evening

6 to 8 PM (\$50 / \$65 after 9/10)

Chapter 1, Verse 2 - Yoga ceases the fluctuations of the mind: We'll begin the workshop by practicing poses to guide us into the heart of the meaning of yoga- quieting the busy mind!

Saturday Morning

10 AM to 1 PM (\$75 / \$90 after 9/10)

Chapter 1, Verse 12 - Practice and detachment are the means to still the movements of consciousness: Saturday morning practice will take us deep into an active sequence using traditional postures to clear and still the mind

Saturday Afternoon

3 to 5 PM (\$50 / \$65 after 9/10)

Chapter 2, Verse 46 - effort should be combined with receptivity: Even in a restorative, supported practice, some effort is required to keep the mind focussed and present. We'll explore how to engage in that effort in a spirit of openness.

Sunday Morning

10 AM to 1 PM (\$75 / \$90 after 9/10)

Chapter 2, Verse 47 - Perfection in an asana is achieved when the effort to perform it becomes effortless and the infinite being within is reached: What does it mean to "achieve perfection" in a yoga pose? Does my "perfect pose" look like your "perfect pose?" Let us playfully investigate this sutra in the spirit of joy and devotion!

Price for the full weekend is \$200 if paid by Sept 10, \$250 afterwards, space permitting. We expect this workshop to fill up early, so please sign up asap to reserve your space. If there is space available, we will open it up for students to attend individual sessions, but priority will be given to those signing up for the whole workshop. This is a great opportunity to take your practice to the next level.