

Bliss Has No Opposite

An Iyengar Yoga
Workshop with
Janet MacLeod

Friday through Sunday
Oct 4-6, 2019

Otter Creek Yoga
in the Marble Works, Middlebury

There seems to be some confusion about the words 'bliss' and 'happiness'. There is a distinct difference in their meaning. Happiness is temporary and comes from sense pleasures such as eating, listening to music or seeing beautiful things. Ananda or bliss can be found through meditation. The joy lives within and cannot be found through anything outside of oneself. This joy remains despite any difficult outward circumstances one may encounter.

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)

After a busy week, a nourishing practice of cooling and soothing forward extensions will lay the foundation for our exploration of the undying, unchanging bliss within.

Saturday Morning

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

Can you find bliss in Utthita Trikonasana, and the other standing postures? In Iyengar Yoga, these poses which build stability, strength, and commitment are approached with intelligence and rigor. Over time we develop the capacity to not only perform the pose steadily, but to find joy while we're there!

Saturday Afternoon

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

Restorative postures are practically the poster children for bliss! Add in a luscious Pranayama practice and experience why BKS Iyengar said: "The practice of pranayama removes the veil of ignorance covering the light of intelligence and makes the mind a fit instrument to embark on meditation for the vision of the soul. This is the spiritual quest."

Sunday Morning

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

After touching bliss in forward extensions, standing postures, supported postures, and pranayama, we are now ready to dive into the challenging, uplifting, exhilarating practice of back bends! We'll approach these postures with friendliness, compassion, delight, and equanimity, as Patanjali instructs us to do.

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.