

Nourishment from India

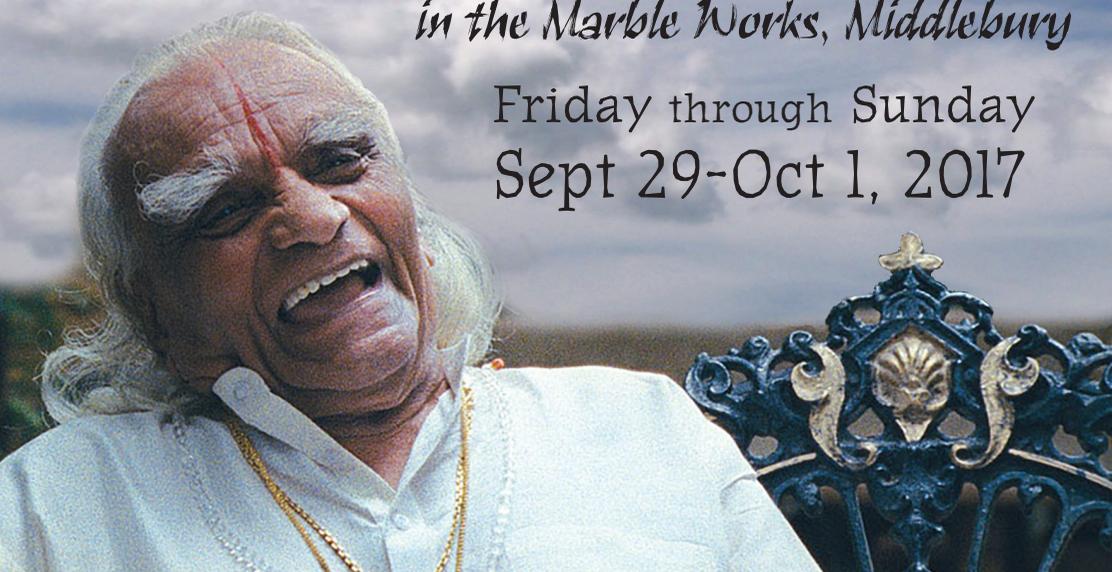
Posture, Breath, and True Stories

A Yoga Workshop with

Janet
MacLeod

at Otter Creek Yoga
in the Marble Works, Middlebury

Friday through Sunday
Sept 29-Oct 1, 2017



Feed your soul with asana and pranayama nicely spiced with some stories from our mother Institute in Pune, India.

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 MacLeod continues to study with the Iyengar family in India and in the West. Her teaching style is demanding on all levels; this combined with her ability to create a joyful atmosphere in class has a transformative effect on students. Janet teaches classes to the general public in San Francisco; teaches in the Teacher Training Program at the Iyengar Yoga Institute of San Francisco and conducts retreats and workshops worldwide.



Sign up online at
www.ottercreekyoga.com
802/388-1961



Friday Evening

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

Forward Extensions
Creating stability and then letting go.

Saturday Morning

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

Twists, Standing, Seated, and Inverted
Discovering the unknown

Saturday Afternoon

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

Restorative and Pranayama practice
Becoming whole

Sunday Morning

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

Glorious Backwards Extensions
Finding Freedom

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.

*My Body is My Home
and the Door to My Soul*