

# Meditation in Asana

## Janet MacLeod

at Practice Yoga Studio

Saturday, June 15 2019

11:30am to 2:30pm



### Patanjali Yoga Sutra 2.47

'Perfection in an asana is achieved when the effort to perform it becomes effortless and the infinite being within is reached'

BKS Iyengar has said that through teaching asana/pranayama he taught all eight limbs of yoga. In this workshop, Janet will conduct the class in such a way that you will achieve a deeper understanding of the postures embracing the above Sutra. This will be a well rounded class covering all categories of asana.

\$60 prior to 6/7; After 6/7 \$75

Space is limited to 20

No Refunds after 6/7

804 S 4th St Philadelphia, PA 19147

email:PRACTICEYOGA1@gmail.com to register

JANET began her study of Iyengar Yoga in the late 70's in London. Upon her arrival in San Francisco a few years later, she enrolled in the Teacher Training Program offered by the Iyengar Yoga Institute of San Francisco. She became a CIYT in 1983 and that year took her first trip to the Mother Institute in Pune, India. She has studied with the Iyengar family ever since, both in India and while attending Yoga Conferences in the USA and abroad. She has taught ongoing classes in San Francisco and teaches workshops and retreats worldwide. Janet believes in the transformational power of yoga and shares her experience in a joyful way to each and every student she has the privilege of teaching. Janet continues to study with the Iyengar family, most recently when she attended the April, 2019 Intensive in Mexico City with Abhijata Iyengar. ([www.jmacleodyoga.com](http://www.jmacleodyoga.com))