



Weekend Yoga Workshop

with

Janet MacLeod

at

**Sunset Yoga Center
Portland, OR**

March 22-24, 2019

Friday 6-8 pm

Saturday 10 am-1 pm; 3-5 pm

Sunday 8:30-9:30 am; 10 am-noon

YOGA FOR THE MIND

Practice of yoga is primarily for the mind. It is clearly stated very early on in the Yoga Sutras of Sage Patanjali that 'yoga ceases mental fluctuations.' Janet's teaching style doesn't create performance anxiety in the classroom. Each student is challenged at her/his level. In general, students learn more effectively in a supportive environment. The subject is about lifelong learning and not trying to figure out how quickly the body can be pushed beyond the scope of its capabilities. In this workshop you will have an opportunity for deep self exploration.

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.

Registration is limited.

Contact Sunset Yoga Center:

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