



EXPERIENCE LOVE, LIGHT, AND JOY ON A YOGA RETREAT WITH JANET MACLEOD - JANUARY 20 - 26, 2018

Practice yoga with Janet MacLeod, Certified Iyengar Yoga Instructor, on a blissful retreat at Rancho La Puerta Fitness Resort and Spa. Janet teaches classes at the Iyengar Yoga Institute of San Francisco. She teaches around the country and worldwide offering workshops and retreats, spreading the teachings of BKS Iyengar wherever she goes. 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.

Join Janet from January 20 - 26, 2018 at Rancho La Puerta's 4,000-acre fitness resort and spa in Tecate, Baja California. You'll experience world class fitness, superb cuisine, fascinating seminars, and so much more.

New Ranch guests will save 20% on the entire week when referred by Janet

Email Janet: janet@jmacleodyoga.com to redeem this offer.



VISIT: WWW.JMACLEODYOGA.COM | WWW.RANCHOLAPUERTA.COM