



**The Yoga Solution**  
20 YEARS

5290 Elvas Avenue  
Sacramento, CA 95819  
(916) 383-7933  
[www.TheYogaSolution.net](http://www.TheYogaSolution.net)



# A Weekend Intensive

with  
**Janet MacLeod**

## Weekend Theme:

### Upward Facing Bow. Sat. 2 - 4:30 pm

When the word backbend is mentioned, this is the pose that tends to come to mind. You can experience the JOY of this asana by practicing the appropriate opening and stabilizing poses beforehand. The session will close with cooling and neutralizing poses.

### Pranayama. Sunday: 10:45 - 11:45 am

The practice of Savasana, supine and seated pranayama will be covered

### Variations on Tadasana Sunday: 12:15 - 2:45 p.m.

Tadasana or mountain pose is the foundational standing pose. Janet will teach a variety of standings using the structure of Tadasana to inform them.

**Janet MacLeod** began her yoga journey in London in 1978. She began teaching classes in 1984 in San Francisco at the IYISF and joined the faculty of the teacher training program shortly thereafter. She was certified at the Junior Intermediate Level 3 in 1986 and studies with the Iyengar family at the Ramamani Iyengar Institute in Pune India and in the West attending numerous conventions.

She continues teaching in San Francisco in addition to other areas of the USA and the world. She has instructed in Brazil, Morocco, Scotland, Spain and Switzerland. Her teaching style is demanding on all levels; this with her ability to create a joyful atmosphere in class has a transformative effect on her students.

[www.jmacleodyoga.com](http://www.jmacleodyoga.com)

*Cancellations prior to Sept 1 will be refunded minus a \$15 admin fee; No refunds after Sept 1 unless a replacement can be found.*

## Dates:

**Saturday September 16, 2017**

## Time:

2:00 – 4:30 p.m.

**Sunday September 17, 2017**

## Time:

10:45 - 11:45

2:00 – 4:30 p.m.

## Cost:

**Entire Weekend**

\$130 if paid by Sept 1

\$150 thereafter

**Sat or Sun 2.5 hour class - \$60.00,**  
After Sept 1 - \$70.00.

**Sunday 1 hour class - \$25.00**  
After Sept 1 - \$30.00

For additional information or to sign up contact:

Jennifer Sadugor, E-RYT, and Owner  
The Yoga Solution (916) 383-7933  
[jennifer@theyogasolution.net](mailto:jennifer@theyogasolution.net)