



The Yoga Solution

20 YEARS

5290 Elvas Avenue

Sacramento, CA 95819

(916) 383-7933

www.TheYogaSolution.net



PURIFICATION BODY/MIND/SPIRIT

Postures with a Twist

Weekend Intensive

with

Janet MacLeod

Janet MacLeod returns to the studio to cast her focus on the essence of twists in asana. B.K.S. Iyengar describes twists as a "squeeze-and-soak" action: The organs are compressed during a twist, pushing out blood filled with metabolic by-products and toxins. When we release the twist, fresh blood flows in, carrying oxygen and the building blocks for tissue healing.

Saturday:

Session 1 - Lateral Standings - emphasizing twisting aspect ; Seated twists

Sunday:

Session 1 - Pranayama;

Session 2 - Classical Standing twists, Inversions - with revolved variations.

Janet MacLeod's yoga journey began 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

*Cancellations prior to Nov 3rd will be refunded minus a \$15 admin fee;
No refunds after Nov 3rd unless a replacement can be found.*

Dates:

Saturday November 10, 2018

Time:

2:00 – 4:30 p.m.

Sunday November 11, 2018

Time:

10:45 - 11:45 a.m.

12:15 – 2:45 p.m.

Cost:

Entire Weekend

\$130 if paid by Nov 3rd

\$150 thereafter

Sat or Sun 2.5 hour class - \$60.00,
After Nov 3rd- \$70.00.

Sunday Pranayama class - \$25.00
After Nov 3rd- \$30.00

For additional information or to sign up contact:

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