



5290 Elvas Avenue
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www.TheYogaSolution.net

INTELLIGENT USE OF PROPS

(Part II)

Weekend Intensive

with

Janet MacLeod

In this workshop Janet will use props and explain their function. Often in a class when a certain pose is announced students will pick up a particular prop without much thought. Those attending the workshop will receive a hand out where Janet shares a brief description outlining the use of props.

Saturday:

Session 1 - Standing and Seated Asanas

Sunday:

Session 1 - Pranayama

Session 2 - Backbends and Inversions

**A 10% discount to all IYANC members
(Iyengar Yoga Association of Northern California)**

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

Cancellations prior to November 2nd will be refunded minus a \$15 admin fee; No refunds after November 2nd unless a replacement can be found.

Dates:

Saturday-November 9, 2019

Time:

2:00 – 4:30 p.m.

Sunday-November 10, 2019

Time:

10:45 - 11:45 a.m.

12:15 – 2:45 p.m.

Cost:

Entire Weekend

\$130 if paid by November 2nd

\$150 thereafter

Sat or Sun 2.5 hour class - \$60.00,
After November 2nd - \$70.00.

Sunday Pranayama class - \$25.00
After November 2nd - \$30.00

For additional information or to sign up contact:

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