



The Yoga Solution

20 YEARS

5290 Elvas Avenue

Sacramento, CA 95819

(916) 383-7933

www.TheYogaSolution.net



INTELLIGENT USE OF PROPS

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 - Forward Bends - Standing and Seated

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 July 6th will be refunded minus a \$15 admin fee;
No refunds after July 6th unless a replacement can be found.*

Dates:

Saturday-July 13, 2019

Time:

2:00 – 4:30 p.m.

Sunday-July 14, 2019

Time:

10:45 - 11:45 a.m.

12:15 – 2:45 p.m.

Cost:

Entire Weekend

\$130 if paid by July 6th

\$150 thereafter

Sat or Sun 2.5 hour class - \$60.00,
After July 6th - \$70.00.

Sunday Pranayama class - \$25.00
After July 6th - \$30.00

For additional information or to sign up contact:

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