



**The Yoga Solution**  
20 YEARS

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[www.TheYogaSolution.net](http://www.TheYogaSolution.net)



# Earth Day Weekend Intensive

with  
**Janet MacLeod**

On this Earth Day weekend, participate in a yoga workshop. We all recognize that the awareness gathered through the practice makes us more sensitive to the Planet.

**Saturday 2-4:30 pm Forward Bends and Twists.**

This session will focus on lateral poses; an opportunity to delve deeply into these profound asanas.

**Sunday 10:45-11:45 am Pranayama**

Develop skill in lying down for Savasana to get the most out of this challenging pose! Both supine and seated pranayama will be introduced.

**Sunday 12:15-2:45 pm**

BKS Iyengar described Urdhva Dhanurasana as an extension of Tadasana. Often it is hard to access the strength of the legs because of tightness in the hip flexors.

Janet will teach a variety of poses prior to back bends so that by the time you get to perform them, your feet will feel firmly planted.

**Janet MacLeod's** yoga journey started 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 to teach in San Francisco in addition to other areas of the USA and worldwide. Her teaching style is demanding on all levels; this along 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 April 7 will be refunded minus a \$15 admin fee; No refunds after April 14th unless a replacement can be found.*

**Dates:**

**Saturday April 21, 2018**

**Time:**

2:00 - 4:30 pm

**Sunday April 22, 2018**

**Time:**

10:45 - 11:45 am

12:15 - 2:45 pm

**Cost:**

**Entire Weekend**

\$130 if paid by April 7

\$150 thereafter

**Sat or Sun 2.5 hour class - \$60.00,**  
After April 7- \$70.00.

**Sunday Pranayama class - \$25.00**  
After April 7- \$30.00

**For additional information or to sign up contact:**

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