

**Iyengar Workshop
for Teachers &
Experienced Students
with *Janet MacLeod*
(San Francisco)**

**Friday August 18th
9:30-16:30**



Session 1: 9:30 – 12:30

Rare Poses – an opportunity to work on asanas which are not so often practiced/taught.

Session 2: 14:30 – 16:30

Using Yoga as a Means to a Healthy Back. Janet will present ways of working with the asanas that will create space and strength in the spinal column.

Janet MacLeod visits YC for the 8th time and holds a Junior Intermediate 3 certificate in Iyengar Yoga.

Janet dedicates her life to the practice, study and the teaching of Yoga. Janet sequences poses in such a way that students are able to achieve more than they ever expected. She is demanding on every level. She brings a calm presence and inner joy to her teaching. See www.jmacleodyoga.com

The workshop is open to teachers and experienced students with an established practice.

875 DKK or 8 punches. Sign-up on www.yoganet.dk.

Allégade 25A • 2000 Frederiksberg (Copenhagen)

www.yogacentralen.dk • +45 31 52 77 25

YOGACENTRALEN Iyengar Yoga Workshop

“All Propped up ... and Somewhere to go” with *Janet MacLeod* (San Francisco)

Attending a **full weekend workshop** takes your practice to a new level.

Friday August 18th 19:00-21:00

Restorative yoga with **BOLSTERS**

Saturday August 19th 10:00-12:30

Standing poses with **BLOCKS**

Saturday August 19th 14:30-16:30

Supine Poses with **BELTS**

Sunday August 20th 8:30-9:30 + 10:00-12:30

Morning Pranayama + Backbends with **CHAIRS**

Janet will share creative use of PROPS for all asanas. As well as offering support, props can be great teachers, deepening your understanding of the poses.

Janet is a renowned yoga teacher with more than 30 years of experience and holds a Junior Intermediate 3 teaching certificate. Janet dedicates her life to the practice, study and the teaching of Yoga. She sequences poses in such a way that students are able to achieve more than they ever expected. She is demanding on every level. She brings a calm presence and inner joy to her teaching. Join us for her excellent teaching and unique wit and wisdom for the 8th year in a row. Open for all levels. Please take a few “blue” classes beforehand.

Price: 1895 kr or 18 YC punches which is cheaper (from 1376 kr)

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Vegetarian lunch 12:45
by **Jack Davis**



Food & Yoga