

Iyengar Yoga
Workshops
with *Janet MacLeod*
(San Francisco)



FOR THE 9TH YEAR

WORKSHOP FOR TEACHERS
AND EXPERIENCED STUDENTS

Friday August 17th 9:30-12:30 and 14:30-16:30

Price: 875 kr or 8 YC punches (which is cheaper)

Session 1: Moving towards **Advanced Poses**

Session 2: How to Teach/Practice a **Restorative Sequence**
for Maximum Results

WEEKEND WORKSHOP FOR EVERYONE

Friday August 17th 19:00

Saturday August 18th 10:00-12:30 + **Vegetarian lunch**
14:30-16:30

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

Price: 1895 kr including lunch or 18 YC punches

With the theme "**Deepening your Practice**" Janet will cover the
four main categories of asana as well one Pranayama session.

Early bird: sign up for both workshops no later than May 31st,
and get two punches back of the 26 punches as a discount.



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