

2021 Iyengar Yoga Workshop (ENG) with *Janet MacLeod* (San Francisco)



FOR THE 12TH YEAR, ONLINE like last year

Three sessions via Janet's Zoom

Friday August 27th 18:00-20:00 (Copenhagen summertime, CEST
= noon East coast US = 9 am West Coast US)

Saturday August 28th 16:00-18:00 (CEST = 7 am West Coast US)

Sunday August 29th 16:00-18:00 (CEST)

Price: 375 DKK or 3 punches per session. All 3 for 875 DKK or 8 punches.

TURNING A POSTURE INTO AN ASANA

Friday: Restorative Yoga / Pranayama

Saturday: Preparation for Inversions

Sunday: The Block Prop See further descriptions on www.yoganet.dk

Thank you for supporting both *Janet* and YC again this year by signing up. *Janet* will send info about props beforehand. One hour before starting a session, we will send you the invitation to participate via the zoom.us app. It is simply to click and join. In the comfort of your own home, you can enjoy Janet's profound teaching based on 40 years of dedicated study with the Iyengar family and her own practice. That combined with her Scottish wit and appetite for life, makes for a special treat – even on a screen, and in easy-to-understand English.

For each of the three sessions you are welcome to enjoy Janet's teaching at YC together with others. Space is very limited and you have to bring your own mat. We will have a large projection screen of Janet from San Francisco. Please reserve your floor spot online. Free sign-up on Yoganet provided you are registered for the zoom class also.

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