



"Yoga am Bach" in the Southern Black Forest



Yoga am Bach
Sabine Kühner

Schedule

The center - "Yoga am Bach"

Yoga At the brook opened its doors in the Spring of 2012. Sabine Kühner, the founder of the center, was able to return to her homeland to continue in what she had done in 27 years of teaching in San Francisco and drawing on her many, many stays in India at the Iyengar Institute in Pune / India (since 1991).

Here she has given her love of Iyengar Yoga a home.

Thursday, August 9th
7-9 pm

Friday, August 10th
9 am-Noon; 2-5 pm

Saturday, August 11th
9am-Noon; 2-5 pm

Sunday, August 12th
9 am-Noon

Fees

€ 357, - (incl. 19% VAT)

Food and accommodation are not included

Bank details

Sabine Kühner, Sparkasse
Hochrhein IBAN DE51 6845 2290
0077052082 BIC SKHRDE6WXXX

Information and registration:

Yoga am Bach, Am Beerenbühl 5, 79682
Todtmoos Tel: 07674 - 92 48 969,
sabine@yoga-am-bach.de
www.yoga-am-bach.de

Invites you to Todtmoos to the:

Iyengar Yoga Retreat with Janet MacLeod

The well-known yoga artist
from San Francisco

Thursday, August 9th to
Sunday, August 12th 2018





Impressive: Janet's Yoga Career

Janet MacLeod grew up on the Isle of Skye in the far north of Scotland. She has lived in San Francisco since the 1970s, where she has played a major role at the Iyengar Yoga Institute. Founded in 1972, the Institute is the oldest Iyengar yoga institute worldwide after Pune. There, Janet began her training as a yoga teacher in 1979 - she received her certification in 1983.

She has also worked in various responsible positions at the Iyengar Yoga Institute in San Francisco. For example, she was responsible for compiling the training program over many years. In addition, she has been part of the training team since 1986 during the two-year Teacher Training. To this day, this commitment is a major part of its teaching activity.



She also teaches public classes in San Francisco and travels to Europe each year to teach workshops and retreats.

In the early 1980's, BKS Iyengar introduced the certification process for yoga teachers. Since that time Janet has been active in supporting certification by training and assessing teachers. It is dear to her heart to maintain a high standard for Iyengar Yoga teachers, she volunteers her time freely in this effort.

In 2001, Janet was one of the three main organizers of the Iyengar Yoga Convention in Pasadena, California, where Geetaji Iyengar taught.



Fotos: Dr. Alexander Stützer

Refreshing - the teaching style of Janet. Her teaching style is infused with a very refreshing Scottish sense of humor, her vitality and joie de vivre are simply contagious.

Janet's teaching encompasses a systematic approach to the craft of teaching as developed by BKS Iyengar.

Her masterful sequencing allows students to perform asanas they thought were beyond their reach.

The weekend with Janet in the Black Forest is suitable for all levels and for all interested students. The teaching language is English, translation is possible.