

# Janet MacLeod at Iyengar Yoga Bellur Coyoacán, Mexico City!

*Intensive ten hour workshop based on Yoga Sutras of Patanjali*

## Sadhana Pada - Verse 47

*'Perfection in an asana is achieved when the effort to perform it becomes effortless and the infinite being within is reached.'*

**Friday 23 18:00 -20:00**

**Saturday 24 10:00-12:30**

**14:30-16:30**

**Cost: full workshop MXP 3,500.00**

**Sunday 25 8:30-9:30**

**10:00-12:30**



# JANET MACLEOD

10 HOUR  
IYENGAR  
WORKSHOP

23, 24, 25 **NOVIEMBRE**  
**2018**



CERTIFIED IYENGAR  
YOGA TEACHER

**AMYI and IYNAUS members:10% discount**

**Contact: [contacto@yogabellur.mx](mailto:contacto@yogabellur.mx)**