



Garden of Yoga
presents:
Deepening your Yoga Practice
with
Janet MacLeod
October 21-23, 2016

Janet has been a Certified Iyengar Yoga Instructor for over 30 years. For more information about Janet, check her website: www.jmacleodyoga.com

Entire Workshop **\$250**
(Early Bird Special: \$200 for entire workshop if you sign up before October 7)

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|----------------------|---|---------------|------|
| Friday, October 21 | Standing and Seated Forward Extensions | 6:30-8:30 pm | \$60 |
| Saturday, October 22 | Basic Standing Poses with a Twist | 8:00-10:30 am | \$70 |
| | Supported Asana-Use of Props to remove the Physicality out of the Asana | 1:00-3:00 pm | \$60 |
| Sunday, October 23 | Pranayama | 8:00-9:00 am | \$30 |
| | Backbends of All Kinds | 9:30 am-Noon | \$70 |

Registration for Janet MacLeod Yoga Workshop October 21-23, 2016

Name_____ e-mail_____

Address_____

All Five Classes _____

Friday class _____

Saturday(am) _____

Saturday(pm) _____

Sunday(Prana) _____

Sunday(Asana) _____

Amount remitted:_____

You will be informed if classes are full. Assume you are registered if you are not notified.
Refunds will be granted minus \$25 processing fee until October 7; after that date, no refunds.

Garden of Yoga
140 N LaGrange Rd St #17
LaGrange, IL 60525
(708)989 1329

Gardenofyoga.net
jmacleodyoga.com