



Garden of Yoga

presents:

Yoga to Make Your Heart Sing with Janet MacLeod April 7-9, 2017



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 March 24)

Friday, April 7	Standing and Seated Forward Extensions	6:30-8:30 pm	\$60
Saturday, April 8	Standing Poses	8:00-10:30 am	\$70
	Inversion Prep/Inversions	1:00-3:00 pm	\$60
Sunday, April 9	Pranayama	8:00-9:00 am	\$30
	Backbends-Supported/Unsupported	9:30 am-Noon	\$70

Although backbends are generally thought of as chest opening poses, Janet will teach all categories of asana with this emphasis. This expansive feeling in your chest will make your heart sing.

Registration for Janet MacLeod Yoga Workshop April 7-9, 2017

Name _____ e-mail Address _____

Street Address _____ City, State, Zip _____

Phone number _____

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 March 24; after that date,
no refunds.

Garden of Yoga
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Gardenofyoga.net
jmacleodyoga.com