

Registration Form

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____

Entire Workshop - All Levels

_____ \$100 deposit (\$300 balance due 5/1)

_____ \$400 Full fee (if paid by 5/1)

_____ \$440 Full fee (if paid after 5/1)

Single Day Rate - All Levels

_____ \$110 / \$120 per day (if paid after 5/1)

Saturday 5/19

_____ Pranayama	8:30-9:30am	\$25/28*
_____ Lateral Standing	10:00-Noon	\$55/60*
_____ Supine Poses	2:00-3:30pm	\$45/48*

Sunday 5/20

_____ Pranayama	8:30-9:30am	\$25/28*
_____ Standing Twists	10:00-Noon	\$55/60*
_____ Seated & Supine Twists	2:00-3:30pm	\$45/48*

Monday 5/21

_____ Pranayama	8:30-9:30am	\$25/28*
_____ Supported Backbends	10:00-Noon	\$55/60*
_____ Seated Forward Ext	2:00-3:30pm	\$45/48*

Tuesday 5/22

_____ Pranayama	8:30-9:30am	\$25/28*
_____ Classical Inversions	10:00-Noon	\$55/60*
_____ Creating Ease in Lumbar	2:00-3:30pm	\$45/48*

Total enclosed \$ _____ * after 5/1

(Check /money order to Big Island Yoga Center)

To pay by credit card
please call Joan 808.769.0772

BIYC: Our Foundations

Iyengar Yoga is based on the teachings of Indian master BKS Iyengar. It emphasizes precise and careful body alignment, muscular balance, and maximum spinal extension. By using simple props, the Iyengar method helps people of any age or physical condition to practice Yoga safely and derive its benefits. Yoga can enhance athletic performance, ease discomfort from stiff muscles and joints, and reduce the effects of stress.

Purna Yoga is based on the teachings of Sri Aurbindo and The Mother, the Vedas, Patanjali, BKS Iyengar, and the systems of Ayurvedic, Chinese and Western nutrition, synthesized by the personal experience of Aadil Palkhivala and Savitri. *Purna* means "complete," and Purna Yoga distills and integrates the vastness of Yoga into an invaluable set of tools for transformation and healing.

Payment Calendar & Refund Policy

By 5/1: Payment in full for Early Bird rate

After 5/1: Full rate applies

May: 11 All payments & any requests for refunds must be received. A 75% refund may be given only if a replacement for your spot can be found.

• Space is Limited • Register Early •

Preference is given to those registering for the full workshop. If you wish to take single days or individual classes, please send your registration as early as possible.

Registrar: Joan Hughes 808.769.0772

E-mail: jhughes.hwrs@gmail.com

Mail to: Big Island Yoga Center
P.O. Box 2233
Kealahou, HI 967450



Janet
MacLeod
May 19 - 22, 2018



Iyengar Yoga Intensive

BIYC
Kealahou
www.bigislandyoga.com

329.YOGA(9642)

Workshop Schedule

This is an ALL LEVELS workshop

Saturday	8:30a – 9:30 am	Pranayama
	10:00 – Noon	Lateral Standings
	2:00 – 3:30 pm	Supine Poses
Sunday	8:30a – 9:30 am	Pranayama
	10:00 – Noon	Standing Twists
	2:00 – 3:30 pm	Seated and Supine Twists
Monday	8:30a – 9:30 am	Pranayama
	10:00 – Noon	Supported Backbends
	2:00 – 3:30 pm	Seated Forward Extension
Tuesday	8:30a – 9:30 am	Pranayama
	10:00 – Noon	Classical Inversions
	2:00 – 3:30 pm	Creating Ease in Lumbar

SPECIAL RATE ENTIRE WORKSHOP

18 hours

\$400 by 5/1 • \$440 after 5/1

*To qualify for the discounted rate,
full payment must be received
by May 1, 2018*

About Janet MacLeod

Janet has been a Certified Iyengar Yoga Instructor for close to 40 years. She teaches classes to the general public in San Francisco. She also teaches in the Teacher Training Program at the Iyengar Yoga Institute of San Francisco (IYISF) and conducts retreats and workshops worldwide.

Janet continues to study in India and in the U.S. with the Iyengar family, most recently in May 2016 when she attended the convention in Boca Raton, Florida.

Iyengar Yoga Intensive

‘Prayatna saithilya ananta samapattibhyam’
“Yoga Sutras of Patanjali”
Sadhana Pada- Verse 47

Translation by BKS Iyengar:

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

Janet will use this Sutra as a theme for the Intensive. As students, you will be encouraged to work to your capacity and then to reflect on how you feel, particularly in relation to undesirable effort. Keeping brain and sense organs passive will be emphasized so that you can achieve a more meditative state in the asana as described in this Sutra.

Saturday, May 19

8:30 – 9:30 am Pranayama
**Expansion of vital energy through control of the breath*

10:00 am – Noon Lateral Standings
Balancing effort and receptivity in these asanas.

2:00 – 3:30 pm Supine Poses emphasizing lateral positions.

Sunday, May 20

8:30 – 9:30 am Pranayama
**Expansion of vital energy through control of the breath*

10:00 am – Noon Standing Twists.

2:00 – 3:30 pm Seated and Supine Twists

Monday, May 21

8:30 – 9:30 am Pranayama
**Expansion of vital energy through control of the breath*

10:00 am – Noon Supported Backbends

2:00 – 3:30 pm Seated Forward Extensions

Tuesday, May 22

8:30 – 9:30 am Pranayama
**Expansion of vital energy through control of the breath*

10:00 am – Noon Classical Inversions- including preparatory postures and modifications.

2:00 – 3:30 pm Creating ease in lumbar spine through opening hamstrings and hip flexors.