# Regenerative ☺ Yoga

with Scott MacLeod

Dessert Pose

## New Course ~ 2012

### Saturdays, 11 am â€" noon

86 Ridgecrest Road, Canyon, CA 94516

beginning Saturday, December 31, 2011 – March 2012


Yoga in Canyon

(near Berkeley)

http://scottmacleod.com/yoga.htm

(World University & School's wiki, Yoga subject - http://worlduniversity.wikia.com/wiki/Yoga)

415 480 4577 – scott@scottmacleod.com


Friends: In these classes, we'll gently explore … a wide range of yoga positions, ~ some partner poses, ~ breathing, ~ and creative & restorative poses, meditatively, ~ much of this on the floor. Scott has a certificate from the Iyengar Yoga Institute of San Francisco, enjoys Angela & Victor's yoga, and has taught for 10 years.