

# Regenerative ☺ Yoga

with Scott MacLeod



Dessert Pose

New Course ~ 2012  
Saturdays, 11 am - 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>)

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**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.