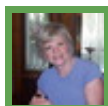


# Meet Kathleen Wright, Owner of Garden of Yoga - La Grange, IL Patch

Saturday, February 16 2013, 2:40 PM



LA GRANGE PARK LIVE

By [Laurie Whitman](#) | [Email the author](#) | February 1, 2011

Business

## Meet Kathleen Wright, Owner of Garden of Yoga

Founded in 1983, the dedicated yoga studio serves the La Grange and La Grange Park neighborhoods.

0

Tweet 6

Email

Print

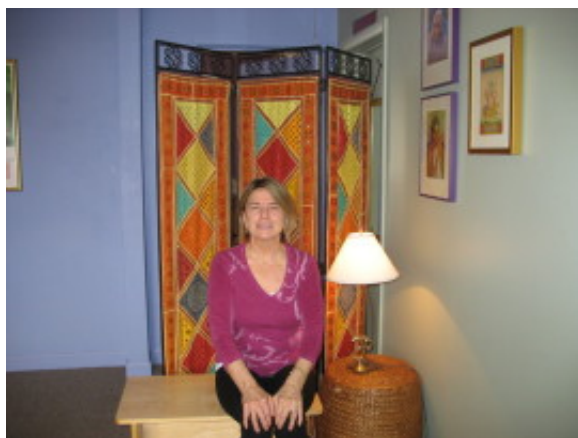
1 Comment

Many people talk about yoga, hear about yoga and many go to yoga classes. Yoga may bring to mind poses or postures like "downward dog" or "sun salute." But what is yoga in definitive terms?

Yoga is an ancient Indian body of knowledge that dates back more than 5,000 years. The word "yoga" is derived from the Sanskrit word "yuj" which means "to unite or integrate." Ancient Yogis—meaning one who practices yoga—believe that in order for man to be in harmony with himself and his environment, he has to integrate the body, the mind and the spirit. For these three to be integrated, emotion, action and intelligence must all be in sync or in balance. The three main structures of yoga are exercise, breathing and meditation.

Yoga, however, is not a religion—it is a way for us to find spirituality and in fact is practiced by people of all faiths and religions.

Here in La Grange and La Grange Park, we have a distinctive yoga studio called [Garden of Yoga](#), located at 140 N. LaGrange Rd in Suite 17, which was founded by Kathleen Wright in 1983. Kathleen has been studying yoga since 1974 and teaching since 1976. She holds a degree in movement education from the University of Minnesota and graduated from the Iyengar Yoga Institute of California's two-year certification program in 1983. Kathleen has studied by invitation in India with B.K.S. Iyengar and Geeta Iyengar on five different occasions and expects to return once again in the foreseeable future. In addition to her work at Garden of Yoga, Kathleen serves as mentor



PHOTOS (3)



[Upload Photos and Videos](#)

and teacher to many of the area's top yoga teachers.

Classes at Garden of Yoga are not very large and range in difficulty. Classes run for about an hour to an hour and fifteen minutes. There is an introductory series as well.

Kathleen emphasizes that yoga is a practice of the mind. It is a daily practice incorporating "postures and breathing exercise that work the anatomical, physiological, mental, intellectual, and spiritual layers of our lives."

One misconception is that you have to be "in shape" to do yoga. Another common lament is someone saying they are "inflexible." Both ideas are far from the truth: flexibility has little to do with yoga—and through practice, yoga makes your mind healthier, therefore making your body healthier. And, stretching is the positive result of yoga; not the goal, Kathleen said.

The first home of Garden of Yoga was the Western Springs Recreation Center and there are still many students that attend classes to this day from that first offering.

One of those students is Doris McGuire of La Grange Park. Some in the neighborhood would recognize Doris as "that woman who is a race walker." Doris and her husband Rich are ranked race walkers and compete internationally. After teaching many years at Forest Road School in La Grange Park, Doris is now retired. For the past ten years, yoga has been a part of her daily life.

"Kathleen is absolutely the best. Yoga is the best thing you can do for yourself—it gives you balance, physical strength, it does help with flexibility, as Kathleen says, it helps open up your joints, thereby making movement easier and freer," Doris said.

Doris also emphasizes that yoga is not a religion, but rather a spiritual activity that puts you in the moment—you are in that place in that time. The yoga class is practice—it is practice at not judging yourself or others and, rather, taking joy in what you can do today.

A few years ago, in spite of daily doses of glucosamine chondroitin, Doris was having considerable pain in her knees, especially while climbing the stairs at Forest Road School. She spoke to Kathleen about it. After learning some new exercises, and working at it, most days Doris is pain-free. It is the natural way to get your body to heal and to function at its optimum.

"Kathleen is very mindful of your body and your issues. She explains that yoga is a process. She works with you to make sure you have a positive experience," says Doris.

Another La Grange Park resident, Mary Fleming, has been an ardent student of Kathleen's since 1985. Her experience echoes Doris's in that Mary appreciates Kathleen's approach and feels that she is also "the best." Both women emphasize that through classes and practice, yoga has become an integral part of their lives.

The studio itself is a picture of serenity. Located on the second floor in the back of the building, looking out the window, you see only trees. It is quiet. Witnessing the change of season is lovely from that perch, a sort of tree house. In the fall, the maples are golden and glowing with color for two full weeks.

Other instructors at the Garden of Yoga are Patricia Layton, Laura Lundy, Connie Zdenek, and Donna Furmanek. Each woman offers a unique resume and each has her own reasons for studying and teaching yoga. Class offerings are continual and you may start at any time. Garden of Yoga is also home of the Bhavana Institute for Yoga and Ayurveda Studies with new space opening next month.

For additional information, Kathleen Wright can be reached at 708-989-1329.

About this column: Weekly column about local human interest topics by a longtime La Grange Park resident.

Email me updates about this story.

0

Tweet 6

Email

Print

Submit tip

1 Comment

Other La Grange Park Live Articles



Meet Cindy Moriarity, Head of the Children's Department at La Grange Park Public Library

By Laurie Whitman



Margie Arito, Musician

By Laurie Whitman



Eagle Scout Project Helps Village of La Grange Park

By Laurie Whitman



Meet Artist Lorna "Rockin'" Shaw

By Laurie Whitman



The Big First Day

By Laurie Whitman



Happy New (School) Year!

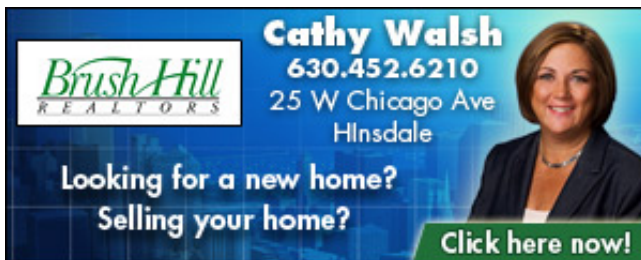
By Laurie Whitman

See all La Grange Park Live articles

**Cheryl Mack**

4:41 pm on Tuesday, May 17, 2011

We are so fortunate to have Kathleen in our back yard. I have been seeing her for private sessions for a failed back surgery for over 2 years and her knowledge of human anatomy and physiology is absolutely amazing. I feel better after a session with Kathleen than I have ever had from any osteopath or chiropractor. What is even better, is that she has taught me tools to help myself through asana....one of the most amazing women I know!

[Reply](#)**Leave a comment**

**Brush Hill**  
REALTORS

**Cathy Walsh**  
630.452.6210  
25 W Chicago Ave  
Hinsdale

Looking for a new home?  
Selling your home?

[Click here now!](#)