

REGISTRATION FORM

(Please Print)

Name: _____

Address: _____

Day Phone: _____

Cell Phone: _____

E-Mail: _____

Single Occupancy- shared bath _____

Single Occupancy - private bath _____

Double Occupancy - private bath _____

Optional Friday Night Retreat _____

Roommate _____

Mail Registration Form along with your check to:

Kathy McDonald

222 Timber Lane

La Grange Park, IL 60526

Make Check Payable to Garden of Yoga

Any Questions - you can e-mail

mcdonaldka@dist102.k12.il.us



Loyola University Ecology and
Retreat Center
2710 S. Country Club Road
Woodstock, IL 60098
815-338-1032
luc.edu/retreatcampus

Join us for a restful and fun weekend. Enjoy fabulous meals, yoga classes, and the beautiful facilities and grounds of Loyola Ecological Retreat Center. Spend time among the giant oak trees and native plants, rest and read on the patio, or go on the zip line across the tree tops!!!

Friday night will be an optional retreat night with dinner and free time to enjoy the center. All Friday night attendees will stay in the shared bath single rooms.

The center has a large organic garden that provides many of the ingredients that the chef uses for the meals.

GARDEN OF YOGA FALL YOGA RETREAT

AT
LOYOLA UNIVERSITY CHICAGO RETREAT
AND ECOLOGY CAMPUS
WOODSTOCK, IL

OCTOBER 6-8, 2017

Teacher
Kathleen Wright



Kathleen Wright has been studying Yoga since 1974 and has been teaching Yoga since 1976. In 1983 she founded the Garden of Yoga in LaGrange, Illinois. Her students include many of the Yoga teachers in the Chicago area.

In 2009 she joined with her colleague Patricia Layton to form the Bhavana Institute for Yoga and Ayurveda. Kathleen is the director and primary teacher of Yoga Studies and Yoga Teacher Training. Kathleen was also a founding member of the Yoga Circle and the Wild Onion Yoga.

Kathleen graduated from the Iyengar Yoga Institute of San Francisco in 1983. She has been a certified Iyengar Yoga teacher since 1983. She has studied directly with Swami Veda, direct disciple of Swami Rama,

Yogacharya Shri BKS Iyengar, Geeta and Prasant Iyengar. Her teachers in the United States are Ramanand Patel, Lois Steinburg, and Janet MacLeod. Kathleen is recognized as a RYT 500 by the Yoga Alliance Registry. Kathleen continues to study and practice Yoga daily. She does not believe that Yoga brings enlightenment, but rather helps us uncover our own inherent Divinity.

HOUSING & WORKSHOP	COST
SINGLE OCCUPANCY SHARED BATH	\$240.00 PP
SINGLE OCCUPANCY PRIVATE BATH (5 ROOMS)	\$285.00 PP
DOUBLE OCCUPANCY (2 DOUBLE BEDS) PRIVATE BATH (10 ROOMS)	\$270.00 PP

Book early to guarantee your room choice.

Registration fee of \$175.00 is due by 8/16/17. Balance due 9/15/17.

If paid in full by 8/24/17 apply a \$20.00 discount.

Final number of attendees needs to be given to the retreat center by August 20. You must get your registration form & payment in prior to that date.

CLASS SCHEDULE	
FRIDAY OCT. 6TH	OPTIONAL RETREAT (\$80 FEE) CHECK-IN BY 4:00 P.M. 6:30 - 7:30 - DINNER NO ASANA
SATURDAY OCT. 7TH	8:00 - 9:30 - CHECK-IN 10:00 - 12:30 ASANA 12:30 - 1:30 - LUNCH 4:00 - 5:30 - ASANA 6:00 - 7:00 - DINNER
SUNDAY OCT. 8TH	7:00 - 8:00 A.M. - PRANAYAMA OR MEDITATION 8:00 - 9:30 - BREAKFAST 10:00 - 12:00 - ASANA CHECK OUT TIME 1:00 P.M. SOME PROPS WILL BE PROVIDED, BUT IF POSSIBLE, PLEASE BRING A MAT, BELT, BRICKS & 3 BLANKETS.