

# Restorative Yoga and Winter Solstice Celebration



The Winter Solstice is a magical time when the light of day is at its lowest point. It is a time of turning inward to contemplate our wishes, hopes and dreams for the next cycle of our life.

Join **Kathleen Wright** for Restorative Yoga and **Meg Barber** for insights and a meditation on the Winter Solstice.

- Experience a restorative yoga sequence
- Open the body & mind to this special time
- Learn a mystical technique for goal setting
- Meditate on the gift of giving & receiving



**Kathleen Wright** is the founder and director of the Garden of Yoga and cofounder of Yoga Circle and Wild Onion Yoga in Chicago, IL and Bhavana Institute for Yoga and Ayurveda. She

has been serving the Chicago area since 1983. She continues to share the love of Yoga and the Natural world with students and teachers locally and internationally.



**Meg Barber** has been studying yoga since 1999. Her yoga teaching experiences include workshops, retreats and women's circles. She completed her 200 hour studies in 2004 and 300 hours in 2012 with Kathleen. With her roots in corporate America and her training in energetic therapies, Meg believes that yoga increases wellness while improving the quality of life. With this in mind, she believes that yoga and all healing modalities should be made available to people of all abilities.



**Sunday, December 17<sup>th</sup>**

- 11:00AM to 1:00PM Restorative Yoga
- 1:00PM to 1:15PM Small Snack
- 1:15PM to 3PM Winter Solstice Wisdom

**Garden of Yoga**

140 North LaGrange Road-Suite 17  
LaGrange, IL 60525  
www.gardenofyoga.net

**Asana \$35.00 Advance/  
\$40 that day**

**Solstice \$20.00 Advance/  
\$22 that day**

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