

# Start Your Personal Practice



“What we need is a good heart, a disciplined mind and a healthy body. We will not transform ourselves merely by making wishes, but through working hard over a long period of time. ~The Dalai Lama

**Sunday Nov. 4 1-3 PM**

## Garden of Yoga

140 N. LaGrange Rd.,  
Ste. 17  
LaGrange, IL 60525

708-989-1329

[www.gardenofyoga.com](http://www.gardenofyoga.com)

**\$35 day of workshop**

Prepay by Oct. 20 and  
cost is \$30

Email instructor at  
[zdenekconnie@att.net](mailto:zdenekconnie@att.net)  
to sign up

## Discover the joy and benefits of a personal yoga asana practice

Over the years many students have told me why they can't practice on their own. In this workshop, we will address these questions and concerns...

### *What should I practice?*

Learn asana sequences for beginning a home practice

### *But I'm so busy, where will I find the time?*

We'll discuss the obstacles to practice and how to begin.

### *What if I do it wrong?*

The eight-limbs of yoga, of which asana is one limb, provide a guide for how to practice.

*Who should take this workshop? Anyone who is familiar with yoga but does not have a personal, home practice. Students who sign up in advance: No refunds after Oct. 27.*

## Connie Zdenek

I began teaching yoga 15 years ago, having studied a traditional Hatha yoga curriculum at the Temple of Kriya Yoga in Chicago. More recently I have begun to study with Iyengar teachers, bringing that great source of wisdom to my own practice and teaching. My dearest teachers, Kathleen Wright in Illinois, Janet MacLeod of San Francisco and Kim Schwartz in New Mexico, are an inspiration, and their depth of understanding keeps me humble. My own practice includes meditation, and in addition to a 500-hour certification, I also have completed a meditation teacher training.

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