

# ***KATHLEEN'S BIRTHDAY WEEK YOGA***

Daily, Tuesday, June 4 – Friday, June 7

11 a.m. – 1 p.m.

\$120 in advance; \$140 on June 4

\$35 drop in

*“Your body exists in the past and your mind exists in the future. In yoga, they come together in the present.”*

- B.K.S. Iyengar



***Join Kathleen Wright for this special series of classes as we celebrate Kathleen's birthday and explore what it really means to receive a birthday "present."***

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. Kathleen is a nationally certified Iyengar Yoga instructor at the Junior Intermediate level, a member of the International Yoga Therapy Association. She is a Certified Ayurvedic Educator. Kathleen has been teaching consistently since 1983.

Kathleen shares her love of the natural world through flower essences created at Iroquois Oaks nature reserve in Iroquois County, Illinois.

