

TAKEAWAYS FROM STUDIES WITH ABHIJATA & RAYA

Sunday, October 25, 2026
10:30 am - 12: 30 pm
$40 or pay what you can

Join CIYT Kristen Kepnick for a practice incorporating some of her takeaways from the 2026 IYNAUS Convention "Cultivating Freedom" with Abhijata Iyengar and a September workshop with Raya Uma Datta at the Iyengar Yoga Institute of New York.

Register using the QR code or by email: kristen.kepnick@gmail.com



Garden of Yoga | 140 N. LaGrange Road, LaGrange, IL 60525 | 708-759-4412