

# Twisting *with* Kathleen Wright

**Sunday, Sept. 18, 2016**

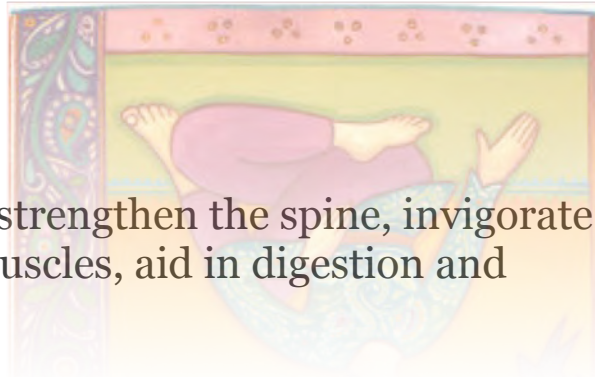
**11:00am - 1:00pm**

**\$35 by Sept. 18, \$40 thereafter**

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**[gardenofyoga.net](http://gardenofyoga.net)**



**Garden of Yoga**  
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**La Grange, IL 60525**



- Twisting Asanas strengthen the spine, invigorate the abdominal muscles, aid in digestion and quiet the mind.
- They help to relieve backache, cramps in the back, neck and shoulders and pain from arthritis and rheumatism.
- Practice will include "parivrtta" poses from each category of asanas.



**Kathleen Wright** has been a dedicated yoga practitioner and teacher of Yoga since 1974 and 1976 respectively. Her knowledge, wisdom, presentation, and heart full approach to teaching yoga is one of the most desired and respected in the Central US.

She graduated from the Iyengar Yoga Institute of San Francisco and is a nationally certified Iyengar Yoga teacher at the Junior Intermediate level. She has studied many times in India with B.K.S. Iyengar, Geeta, and Prashant Iyengar. She is committed to the life long study of Yoga, Ayurveda, and the teachings of the natural world.