

Wisdom of Autumn

An Evening to Experience Some Magic!



- Join in circle to receive deeper insights into the mysterious transformation of Autumn
- Receive Ayurvedic wisdom about ritucharya (following the season) and come to understand how your being is a poetry of rhythms.
- Learn seasonal ayurvedic recipes and culinary ideas to help you awaken to your truth of health
- Experience seasonal essential oil wisdom
- Join a meditation on the Ritual of Forgiveness

**Friday, October 20
6:30PM to 9:00PM**

Garden of Yoga

140 North LaGrange Road-Suite 17
LaGrange, IL 60525

\$40.00 in Advance

\$50.00 drop in that evening

www.gardenofyoga.net

Call Jill or Meg Questions:

Jill: 708-785-3595

Meg: 708-261-6434

or email:

Jill.k.Finnigan@gmail.com

Meg@YogaFromTheBeginning.com



Jill Finnigan believes with all her heart that the ancient teachings of yoga and ayurveda are just as relevant today as they were 5000 years ago. As she teaches, Jill shares how the physical, mental, emotional and spiritual self can benefit from yoga and ayurveda. Jill is an RYT500 with Yoga Alliance completing her studies with Kathleen Wright at Garden of Yoga in 2012. Jill is also a certified **Ayurvedic Health Educator** studying under Patricia Layton at the Bhavana Institute in 2011.



Meg Barber has been studying yoga for over seventeen years. 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 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.

