

# *All I Want for Christmas is....*

**PADMASANA**

**Saturday, December 15, 1-3PM**

**Prepay for \$35 or \$40 at door**



Garden  
of  
Y  G A

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

**708-989-1329**

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

***During this Workshop you will learn:***

- A sequence designed to move you towards the firm seated lotus posture
- To open the hip and low back through asana and modifications
- The correct use of props to assist you in your seated shapes
- How to practice meditation in the seated position

 **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.