

# *The Art of Adjustments*

with **Kathleen Wright**

**Saturday, January 6**

**1 – 4 pm**

## **Garden of Yoga**

140 North LaGrange  
Road-Suite 17  
LaGrange, IL 60525  
www.gardenofyoga.net

**\$75**

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**Kathleen** will share her deep understanding of asanas as well as her skills in seeing and understanding bodies including the “art of touch”. Adjusting is an art that requires self knowledge of the asana. Asanas from all categories will be addressed.

During this workshop you will:

- ✓ Enhance your observation skills
- ✓ Learn to adjust safely and efficiently
- ✓ See how to improve the students understanding of asana through adjustment

***Open to teachers in training & certified  
Yoga teachers.***



**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. She has been serving the Chicago area since 1983. She continues to share the love of Yoga and the Natural world with students and teachers locally and internationally.