

Bringing Wonderful Peaceful Sleep

A Yogic and Ayurvedic Approach

Kathleen Wright and Jill Finnigan

Sunday, November 5, 2017

- ❖ 9:30am – 11:00am Asana
- ❖ 11:00am – 11:15am Snack/ Tea
- ❖ 11:15am – 1:00pm Ayurvedic Lecture



\$65 prepay by October 30, \$72 thereafter

Garden of Yoga

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

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www.gardenofyoga.net

- ❖ Discover how sleep plays a vital role in your overall health and well being.
- ❖ Explore how Yoga and Ayurveda offers ways to help you gain perfect sleep.
- ❖ Be lead through a yoga asana sequence by Kathleen designed to give you a restful and nourishing sleep.
- ❖ Hear a thought provoking lecture from an Ayurvedic approach to deep sleep presented by Jill.
- ❖ Receive hints and advice on diet, daily activities.
- ❖ Renew and repair body, mind, spirit.



Kathleen Wright is the founder and director of the Garden of Yoga. She began her study of Yoga in 1974, and has taught since 1976. Kathleen commenced her studies under the direct guidance of Swami Veda Bharati of the Himalayan Tradition. Kathleen is a certified Iyengar teachers and has studied in India with the Iyengar family, including B.K.S. Iyengar and Geeta Iyengar many times beginning in 1986. She is a long time student of Ramanand Patel

Jill Finnigan is an RYT500 with Yoga Alliance having completed her studies with Kathleen Wright at Garden of Yoga in 2013, and she also earned her Ayurvedic Health Practitioner certificate in 2012 from Bhavana Institute of Yoga and Ayurveda. She loves to share yoga and Ayurveda and how share with others how they can benefit from these time honored wisdom traditions.

