

# Kathleen Wright

## Happy Healthy Knees

**(3) Thursdays**

**April 17, 24, and May 1, 2014**

**7:00 - 9:00 p.m.**

\$99 early price by Thursday, April 10;

\$119 thereafter

*Must sign up for the whole series.*

*Open to serious students and teachers of yoga.*

**JOIN US** for this three week intensive course on the knees.

In this workshop Kathleen will present techniques to develop skill in working with the knees in asana. Many times students avoid certain asanas altogether, or continue to do with pain. This is also the case for students that practice athletic endeavors such as running.

Understanding, correcting and modifying the movements and actions in these asanas allows most students to experience immediate relief. The student gains the ability to do the asana or a modified version of it.



**KATHLEEN WRIGHT** has been studying Yoga since 1974 and teaching since 1976. Her knowledgeable, approachable, direct, and heart full way of teaching has brought many students to the love of Yoga. She graduated from the Iyengar Yoga Institute of San Francisco in 1983. She is a nationally certified Iyengar Yoga teacher at the Junior Intermediate level. Kathleen has been serving the greater Chicago area since 1983. She continues to study Yoga and Ayurveda and the teachings of the natural world.



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### STUDENT INFORMATION

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

### PAYMENT

Prairie Yoga accepts cash, check, or credit cards (4% added fee for credit card transactions).

Please make all checks payable to *Prairie Yoga*. Returned checks subject to \$50 fee.

\_\_\_\_\_ **\$99 by Thursday, April 10;** \_\_\_\_\_ \$119 thereafter

### REFUNDS & CREDITS

We understand that plans occasionally change and unanticipated circumstances sometimes arise. It is therefore necessary that we have consistent refund and credit policies that are fair to you, the studio and the presenter. Thank you for your support.

- For refund requests **at least one week** prior to the start of the event, you may request a refund less 15%.
- For refund requests **less than one week** before the event, you may request a refund less 50%.
- For refund requests **24 hours or less** before the event, no refunds or credits will be given.
- If you **do not show up** for an event, no refunds or credits will be given.
- **No pro-rates, credits or transfers are available for any of our special events for classes/days that you are absent or unable to attend** (includes class series and workshops). We appreciate your understanding of this policy.



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