

Yoga Among Friends presents



Dearbhla Kelly

Bhakti Bliss

with musical guest, Debi Buzil

Wednesday, February 8
6—8pm
at Yoga Among Friends
\$20

Join us for a delicious practice to open your heart and nourish your soul. Special musical guest Debi Buzil will lead us in an opening kirtan to weave sacred space and guide us deeper into our own hearts. We'll move seamlessly into a backbend flow with twists, forward folds and deep hip openers before relaxing in savasana with musical accompaniment by Debi.

Dearbhla Kelly

Dearbhla Kelly is a Los Angeles-based yoga teacher, writer and neurophilosopher. She writes for several yoga publications and teaches at yoga conferences and festivals nationally and internationally. A dedicated Ashtanga practitioner, her teaching is informed by in-depth study of Forrest Yoga, Yin Yoga, Vinyasa flow and Yoga

Nidra. A skillful and intuitive teacher, Dearbhla's classes are invigorating yet relaxing, challenging yet nurturing, engaging not just body but also mind and spirit. Her lilting Irish accent and Dublin wit make her classes uniquely enjoyable. Learn more about Dearbhla at www.durgayoga.com

Registrations Accepted at:



4949 Forest Avenue
Downers Grove, IL
60515
630.960.5488
www.YogaAmongFriends.com

Please make checks payable to Yoga Among Friends. Registration forms are available on our website at www.YogaAmongFriends.com