



*Kusanya Cafe and
I Grow Chicago present:*

**YOGA AND TALK
WITH WORLD RENOWNED
SPIRITUAL TEACHER,
KRISHNA KAUR**

**FEBRUARY 26TH
7:30-8:30PM
825 W 69TH ST**

RELAX & RENEW

GATHER IN COMMUNITY

All are Welcome FREE EVENT!



**I GROW
CHICAGO**

www.igrowchicago.org

Welcome Friends and Neighbors,

Join us for this free event, an hour of simple yoga techniques and enlightening ideas to take the weight out of everyday life. Don't miss this opportunity to learn from a Master teacher. This event is for anyone who is curious about the benefits of Yoga.

Self Preservation | Reduce Stress | Increase Energy

We hope to see you! All Ages Welcome.

About Krishna:

Krishna Kaur, a dynamic, heart centered Yoga teacher has passionately taught the art and science of Kundalini Yoga and Self Awareness for 40 years. She brings a wealth of knowledge and experience. She teaches all around the world and is the regional coordinator for Kundalini Yoga in Africa, Founder of Y.O.G.A. for Youth (a non-profit dedicated to training yoga teachers to work with at-risk youth). Krishna opened the first yoga center in South Central L.A. and continues to train teachers and bring yoga to the under served populations throughout the world. She is a catalyst of many movements including the International Association of Black Yoga Teachers. Join her and open the way to greater freedom, clarity, and joy.

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