

# Dearbhla Kelly

with special musical guest Debi Buzil

## Backbend Workshop **Sunday, July 16 2-5 PM / \$50**

Open-heartedness is the key to joy. Breath, chanting, and asana work together to unlock the bliss (ananda) that is our true nature. In this challenging class, we will use backbends to release blocked energy and make space in the heart.

Dearbhla Kelly left Dublin, Ireland, in 2001 to pursue a Ph.D in philosophy in Chicago. While living in Chicago she taught yoga at Yoga Now, Moksha Yoga Center, and various other locations. Recently relocated to Los Angeles, she currently teaches at Forrest Yoga Institute and Yoga Desa.

She began her practice of yoga 12 years ago while living in Amsterdam. A long-time student of Ana Forrest, Dearbhla assists Ana at yoga conferences and teacher trainings. Since moving to California, she has begun intensive studies with Saul David Raye and John Friend.

Dearbhla also gives significant time to service and reflection in the ashrams and centers of the Sivananda lineage, and finds great joy in the heart-opening chanting practice known as kirtan. The yoga she loves cultivates compassion, radiates calm, and celebrates play, and her teaching hopes to inspire these qualities in others. Her studies of both Yoga and Western philosophy give balance and nuance to her teaching style.



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