



Preshana
yoga

Remembering our innate goodness

➤ *Be An Artist of the Possible*

Yoga is a spiritual practice of creating the possible from the impossible, and a technology for finding inner stability at your essence, even in unsettling times. At age 63, Betsey will empower you to create your heart's desires on and off the mat, and inspire you to evolve skilfully as an authentic expression of yourself.

<u>Date:</u>	Friday 02/04/2010 - Sunday 02/04/2010
<u>Cost:</u>	\$250 full price, \$230 before March 26
<u>Location:</u>	Glebe Town Hall 160 St Johns Rd
<u>Friday 3-5pm:</u>	Dive in with enthusiasm in a potpourri class \$55/\$50
<u>Saturday 10am-1pm:</u>	Find courage in back bends \$70/\$65
<u>Saturday 3-6pm:</u>	Accept what is - seated poses and pranayama \$55/\$50
<u>Sunday 10am-1pm:</u>	Create balance on your feet, hands, and in life \$70/\$65



Betsey Downing, Ph.D., E-RYT-500, has been a yoga practitioner since 1972 & a meditator since 1974. She teaches from a deep well of wisdom & practical knowledge, & loves empowering students with progressive techniques to move them beyond their perceived limits. One of the first teachers to be certified in **Anusara** Yoga, she is a leader in the community, serving as co-chairman of the Certification Committee. She also holds a Ph.D. in Sport Psychology from the University of Virginia. Betsey's teaching is vibrant with her passion for yoga & special expertise in progressive teaching.

To Register or for more information:

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