

A P R I L 5 & 6 , 2 0 1 0

Be an Artist of the Possible

Anusara Yoga Workshop in Hobart With Betsey Downing



Betsey Downing, Ph.D., E-RYT-500, has been a yoga practitioner since 1972 and a meditator since 1974. She teaches from a deep well of wisdom and practical knowledge, and loves empowering students with progressive techniques to move them beyond their perceived limits. One of the earliest certified teachers 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 and special expertise in progressive teaching.

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 skillfully as an authentic expression of yourself.

Workshop Schedule

Monday April 5: 9am – 12 Find courage in Back bends

Monday April 5: 2 – 5pm Dive in with Enthusiasm in Standing Poses and hip openers

Tuesday April 6: 9am – 12 Create balance on your feet, hands, and in life

Tuesday April 6: 2 -5pm Accept what is: seated poses and pranayama

Venue

The Lotus Centre

45 Victoria St
Hobart

Cost

Full Workshop \$210

Or \$60 per session if booked separately

Deposit of \$50 for workshop or \$20 per class to secure your place

To Register

Contact Clare

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