

BE AN ARTIST OF THE POSSIBLE

ANUSARA YOGA WORKSHOP & TEACHER TRAINING

WITH BETSEY DOWNING, PH.D.

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.

SATURDAY, APRIL 10, 9:30AM-12:30PM
FIND COURAGE IN BACK BENDS

SATURDAY, APRIL 10, 2:30-4:30PM
DIVE IN WITH ENTHUSIASM IN STANDING POSE AND HIP OPENERS

SUNDAY, APRIL 11, 9:30AM-12:30PM
CREATE BALANCE ON YOUR FEET, HANDS, AND IN LIFE

SUNDAY, APRIL 11, 2:30-4:30PM
ACCEPT WHAT IS: SEATED POSES AND PRANAYAMA

COST

\$60 for 3-hour workshop

\$40 for 2-hour workshop

\$175 for full workshop of 4 sessions

To secure your space, make a deposit of \$70 for the full workshop or \$20 per session



betsey downing, ph.d.

BREATHING SPACE YOGA
LEVEL 1- 217 CHAPEL STREET,
PRAHRAN (UPSTAIRS
CHAPEL STREET BAZAAR)
MELBOURNE, AUSTRALIA

TO REGISTER, OR FOR MORE
INFORMATION, CONTACT
DEEPA EBELI
PHONE 0398 184 073
0407 567 452
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ANUSARA TEACHER TRAINING WITH BETSEY – FRIDAY, APRIL 9

10:00-1:00pm

Anusara Therapeutics: practical solutions for helping students out of pain and discomfort. Open to all teachers and interested students.

3:00-5:00pm

Teaching with a theme: learn the art of incorporating a heart quality into pose instructions. Open to Anusara teachers only.

Cost of Teacher Training: **\$75** for 3-hour workshop
\$50 for 2-hour workshop
\$100 for both Teacher Training sessions

Pre-requisites for Teacher Training:

- Clear understanding of the Anusara Universal Principles of Alignment, some Immersion training helpful
- 75 hours, minimum, of Anusara classes and workshops



Betsey Downing, Ph.D., E-RYT-500, has been a yoga practitioner since 1972 and a meditator since 1974. Betsey owns and directs Garden of the Heart Yoga Center in Sarasota, Florida. 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.