



## About Betsey & Suzie

**Betsey** has directed several yoga centers over the years, Including Health Advantage Yoga in VA and Garden of the Heart Yoga in Sarasota, FL. She teaches with passion and enthusiasm, from a deep well of wisdom developed from nearly 40 years of spiritual and personal growth practices. Betsey is also a Volunteer Climate Leader through the Climate Reality Project, and gives presentations on Climate.

**Suzie** directed Willow Street Yoga Center for 18 years before selling it to her son and daughter-in-law in 2012. She grew WSYC to be one of the largest yoga centers in the country, currently serving 2000 weekly students. Suzie teaches with joy and radiates exuberance! Both are embracing the aging process with a big dose of humor!

For more info about Betsey and Suzie, please see their respective websites: [www.betseydowning.com](http://www.betseydowning.com) and [www.suziehurley.com](http://www.suziehurley.com).



### Registration and payments, cont'd

All rooms are beautiful and elegant in their simplicity. The difference in cost is primarily their proximity to the ocean. Please go to the website for more information on the rooms: [http://www.rrresorts.com/f.html#/maya\\_tulum/](http://www.rrresorts.com/f.html#/maya_tulum/).

### Registration and Payment

Registration opens **March 24, 2014**. Register by downloading the brochure, complete the registration form and mail it with a \$300 non-refundable deposit or full payment to Suzie. Make checks payable to **Suzie Hurley** and send to her at 8500 New Hampshire Ave., Apt. T-11, Silver Spring MD 20903. Please direct all retreat inquiries to Suzie at [suziehurley22@gmail.com](mailto:suziehurley22@gmail.com), or call (240) 423-3706.

**Payment details:** **\$300 non-refundable deposit to register**  
**Half the remaining balance is due August 1.**  
**Final balance due September 15.** After this date, no refunds are given unless your space can be filled from a waiting list.

### Getting There

**Transportation:** Make your flight into Cancun International Airport (CUN) between the hours of 10am and 5pm on **Saturday, October 24**, and to depart after noon on **Saturday, October 31**.

### What past participants have said:

*"Betsey and Suzie are my inspirations - strong, healthy, big-hearted spirited women."*

*"Teaching: well, there is no one else like you guys – absolutely terrific, thoughtful, caring."*

*"Thank you. Thank you for being You. Thank you for all you bring. You help me think, feel, laugh and connect. It was ... an amazing week."*

*"Teaching was top quality. Not only do Suzie and Betsey approach yoga practice with the deepest meaning, but also they make the asana practice safe and accessible for all, offering extra help and guidance when needed. Meditation, philosophy and discussion were fulfilling."*



## YOGA RETREAT

*for Spirited  
Women over 45!*

**Six Keys for Aging with Grace,  
Beauty, Passion & Juice!**

*with* **Betsey Downing, Ph.D.  
& Suzie Hurley**

**At Maya Tulum Resort, Tulum, Mexico**





YOGA RETREAT  
for Spirited Women  
over 45!

Join Suzie & Betsey for a weeklong adventure into yoga, with an emphasis on aging with Grace, Beauty, & Passion... as we discover how to get juicier with each year! Drawing on current scientific research on aging we will enliven, uplift, and empower your understanding of what's possible. This is an opportunity to not only explore the challenges and triumphs of getting older, but to also access our courage and enthusiasm for living fully. Sharing our insights with kindred spirited women nourishes, empowers, and inspires all of us.

Suggested reading (optional): *Younger Next Year for Women* by Chris Crowley & Henry S. Lodge, M.D.

Maya Tulum

We are excited to be holding our retreat again at Maya Tulum, a seaside wellness resort that offers serenity, awe-inspiring scenery, and an intimate connection with Nature as well as Mayan history. Located on the Riviera Maya, between the pristine blue ocean and the emerald green tropical forests and jungles, it has delightful ocean breezes and gorgeous white sand beaches stretching in both directions.

Maya Tulum has two beautiful yoga spaces and a wonderful dining facility with ocean views. Located in a very safe, easily accessible area of Mexico, town is a short 10-minute drive or about 30 minutes by bike. Maya Tulum is committed to excellence with unwavering attention to detail, understated elegance, and exceptional personal service. Go to [http://www.rrresorts.com/f.html#/maya\\_tulum/](http://www.rrresorts.com/f.html#/maya_tulum/) for more information.

Our Retreat

- Begins with dinner on Saturday around 7:00pm and ends with breakfast the following Saturday
- Includes a 45-minute morning Pranayama and Meditation session
- Includes a 3-hour morning Intermediate level asana class and a 2-hour afternoon class of quieter practices. Both sessions incorporate discussion on our theme of Growing Juicer with Every Year! Other relevant issues of our individual and collective well-being may also be incorporated.
- Includes three healthy, delicious meals daily; meals are primarily vegan and vegetarian, with fresh seafood or fish served once each day
- Includes ample time for relaxation, walking the beach, ocean swimming, and adventuring
- Includes an abbreviated schedule on Wednesday to enjoy local options, such as the Tulum Ruins, jungle trips or snorkeling
- Includes cabanas that have double, queen, or king beds and provide a sitting area with cozy chairs, inviting coffee tables and a tiled bathroom with open shower area.
- Free Wi-Fi is available in the restaurant and front desk reception area.

Our Yoga

Having trained for many years in both the Iyengar and the Anusara systems of yoga, Betsey & Suzie teach with a strong emphasis on alignment, which makes each class therapeutic and safe. Both longtime and seasoned certified yoga teachers, Suzie & Betsey are known for their ability to break down difficult poses into accessible components through progressive teaching. The level of asana skillfully progresses each day, with sessions building on each other, culminating in a deep feeling of empowerment for everyone.

Betsey & Suzie, with their masterful guidance through the week, lead you to new places in the depth of your self-acceptance and the height of your potential. They invite lively and meaningful discussion, and seek to inspire all of us to fly high above our fears while employing the best safety net possible: radical self-acceptance!

Please have:

- 2 years study of yoga
- Alignment-based yoga experience is helpful

*Morning classes are intermediate level with a variety of poses, including back bends, arm balances, and inversions.*

All props are provided but many people like to bring their own sticky mat.

Registration

**Accommodations and Costs:** accommodations are first come, first served. Prices include: accommodations, 3 meals per day, basic staff tips, and all taxes. Shuttle service to and from the airport is additional and is easily arranged online through Maya Tulum. The one-way cost is \$40/person Friday-Sunday and \$120/cab Monday-Thursday, paid directly to Maya Tulum. Any trips or spa services are also extra.

Prices	Double occupancy	Single occupancy
Garden View	\$1,495	\$1,860
Ocean View Deluxe	\$1,595	\$1,930
Ocean View Super Deluxe	\$1,665	\$1,995
Beach Front Deluxe	\$1,695	\$2,140
Beach Front Super Deluxe	\$1,735	\$2,250

*"Super" deluxe is a slightly larger room*

**Choice of Rooms:** Since rooms are on a first come/first served basis, you are strongly encouraged to book as soon as registration opens on **March 24** in order to reserve the room you prefer.

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REGISTRATION FORM

Oct 24-31  
2015

Please complete form in its entirety.  
Missing information will delay registration.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Note: Retreat Coordinator will communicate all details via email.

Phone (H) \_\_\_\_\_ Phone (W or cell) \_\_\_\_\_

Please check the box to indicate your accommodation preference:

Payment details: \$300 non-refundable deposit to register

- Registration opens **March 24, 2015**
- Half the remaining balance is due **August 1**
- Final balance due on **September 15**

	Double occupancy	Single occupancy
Garden View	<input type="checkbox"/> \$1,495	<input type="checkbox"/> \$1,860
Ocean View Deluxe	<input type="checkbox"/> \$1,595	<input type="checkbox"/> \$1,930
Ocean View Super Deluxe	<input type="checkbox"/> \$1,665	<input type="checkbox"/> \$1,995
Beach Front Deluxe	<input type="checkbox"/> \$1,695	<input type="checkbox"/> \$2,140
Beach Front Super Deluxe	<input type="checkbox"/> \$1,735	<input type="checkbox"/> \$2,250

*"Super" deluxe is a slightly larger room*

List roommate(s) if known \_\_\_\_\_

**Payment:** (mark form of payment)

☐ Cash \_\_\_\_\_ ☐ Check # \_\_\_\_\_  
(payable to Suzie Hurley)

☐ Visa/MC/AmEx \_\_\_\_\_ Exp. date \_\_\_\_\_

CVV \_\_\_\_\_ Zip code \_\_\_\_\_

Signature \_\_\_\_\_

For more information or if you have questions, contact Suzie at [suziehurley22@gmail.com](mailto:suziehurley22@gmail.com).