

BE AN ARTIST OF THE POSSIBLE

YOGA CLASSES WITH BETSEY

betsey downing, ph.d.

Yoga is a spiritual practice of creating the possible from the impossible and a technology for finding balance and stability from the inside out, even in unsettling times. In these classes, Betsey will empower you to create your heart's desires on and off the mat, and inspire you to evolve skillfully as a full expression of your most conscious, creative, and compassionate self.

WEDNESDAYS 6:00-7:30PM

Beginning October 14

Sfeer Yoga Studio

200 Britton Dr., Chapel Hill, NC

Britton Dr. is the road after the Buddhist temple.

It's 1.2 miles north of Callander, off old 86 Hwy.

COST

Drop in rate \$15

5 class pass \$70

10 class pass \$130

FOR MORE INFORMATION

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Instructor



Betsey teaches from a deep well of wisdom and practical knowledge developed over her 40 years of practice and teaching. She began studying yoga and meditation in the early 70's, her major influences being Sivananda Yoga, Joel Kramer, Iyengar, and Anusara Yoga. Meditation has been the core of her spiritual path. Betsey has owned several studios, taught classes and workshops nationally and internationally, and developed Yoga Teacher Training Programs, specializing in progressive sequencing.

Betsey was trained as a Volunteer Climate Leader through the Climate Reality Project in August 2013 and has given numerous presentations on our climate. She joined Citizen's Climate Lobby in 2015, and went to Washington, DC, in June to lobby Congress for a fee on carbon.

Holding the perspective of our shared humanity and connection to the sacred, Betsey encourages all yogis to awaken to the historical significance of this time. She invites all to allow Spirit to prompt our actions and guide our behavior, so that we recognize the moral and ethical imperative of our choices. As Pope Francis has said, "When it comes to the care of our common home, we are living at a critical moment of history."