



About Suzie and Betsey

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 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, has lobbied Congress for a fee on carbon through the Citizens Climate Lobby, and sponsored a 350.org climate workshop. Her passion now is to teach classes and workshops through the lens of our shared humanity and our connection to the sacred.

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 over 1,600 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 and www.suziehurley.com.

Registration

Accommodations and Costs: accommodations are first come, first served. Prices are below and include: All yoga sessions, meals, taxes and accommodations.

Check the Trinity Center website for more information and pictures of the accommodations. www.trinityctr.com/conferencing/facilities.html

Prices	Double occupancy	Single occupancy
Guestrooms	\$1,295.00	\$1,495.00

Registration and Payment

Registration opens **January 15, 2016**. You may download the brochure, complete the registration form and mail it with a \$200 non-refundable deposit or full payment to Betsey. Make checks payable to **Awakening Wisdom Yoga**. Please direct all retreat inquiries to Betsey at betsey@betseydowning.com. Phone is **919-903-9557**.

Payment details:

- **\$200 non-refundable deposit by February 15 to reserve your space.**
- **Remaining balance is due June 21.** After this date, no refunds are given unless your space can be filled from a waiting list.

Getting There

Transportation: The nearest airport is New Bern, NC (EWN), a 60 min. drive, or Jacksonville, NC, a 75-min drive. Shuttle, taxi, or car rentals are available. We will help participants connect with each other to share transportation to the center. The cost of transportation is not included in the price.

What past participants have said:

"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."

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

"You are both such amazing teachers; and I loved how your teachings, wisdom, and close friendship with one another just seamlessly complimented each other. You managed to teach a challenging class with such a diverse group of students; a few beginners and lots of intermediate and advanced practitioners. We all loved it! Thank you for creating a safe and fun place to practice, talk, and grow."

"I loved practicing with women over 45. What a great idea! I felt comfortable and full of joy the entire time."

The Grace, Power,
& Wisdom of Aging
with Spirit



YOGA RETREAT
for Spirited Women over 45!

with Suzie Hurley &
Betsey Downing, Ph.D.

Trinity Center on Emerald Isle, NC

August 21-28
2016



YOGA RETREAT for Spirited Women over 45!

Join Betsey and Suzie for a weeklong adventure into asana, meditation, pranayama with lively discussion and sharing. As **Wild, Wonderful and Wise women** we will explore the challenges and triumphs of getting older and many other relevant issues. Through accessing our courage and enthusiasm for life from the deeper practices of connecting to the Divine, we will nourish and empower ourselves, and share our gifts with other Spirited Women.

We will also include a discussion on the Enneagram and how we can use it for personal and spiritual growth, based on the book, *The Wisdom of the Enneagram* by Don Richard Riso and Russ Hudson. More information about suggested readings will be sent to the participants.

Trinity Center. We are looking forward to holding our **2016 Spirited Women's Retreat** at The Trinity Center on Emerald Isle, in Pine Knoll Shores, North Carolina. The center is located between the Atlantic Ocean and Bogue Sound. Its contemporary buildings are set in restful surroundings, in the midst of Nature in every direction, creating a relaxing non-commercial atmosphere.

Guestrooms are small, simple and elegantly situated within the natural beauty and tranquility of the maritime forest. The rooms are divided into 4 housing clusters. Each cluster contains 8-12 rooms and is supported by its own central living room and deck with rocking chairs. The central living room contains comfortable furniture, TV/VCR, microwave, icemaker, and coffee maker. Each guestroom has a private bath; a double and single bed.

Our Retreat

- Begins with dinner on Sunday at 6:00pm and ends with breakfast the following Sunday.
- Includes a 30-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 The Grace, Power, and Wisdom of Aging with Spirit, including perspectives gained from the Enneagram. Other relevant issues of our individual and collective well-being may also be included.
- Includes three healthy, delicious meals daily. Vegetarian and vegan options are available.
- Includes time for relaxation, the beach, ocean swimming, adventuring.
- Includes an abbreviated schedule on Thursday to enjoy local options, quiet time, reading, the beach, etc.
- Free Wi-Fi is available in all meeting rooms and cluster living rooms. There is no Wi-Fi in the guestrooms.

Our Yoga

Having trained for many years in both the Iyengar and the Anusara systems of yoga, Betsey and Suzie teach with a strong emphasis on alignment, which makes each class therapeutic and safe. Both longtime and seasoned certified yoga teachers, Suzie and Betsey are known for their ability to break down difficult asanas 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 self-empowerment for everyone.

Betsey and 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 note:

- 2 years continuous study of yoga; alignment-based asana experience is important.
- We offer a well rounded intermediate level asana practice, including back bends, some arm balances, and inversions.

Props are NOT provided. You must bring a sticky mat, 2 blankets, 1 block, and a yoga strap.

REGISTRATION FORM

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

August 21-28
2016

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: \$200 non-refundable deposit to register

- Registration opens **Jan. 15, 2016**
- Mail form and deposit by **Feb. 15, 2016** in order to hold your space
- Final balance due on **June 21, 2016**

	<i>Double occupancy</i>	<i>Single occupancy</i>
Guestrooms	<input type="checkbox"/> \$1,295	<input type="checkbox"/> \$1,495
List roommate(s) if known	_____	

Payment: (mark form of payment)

- ☐ Cash _____ ☐ Check # _____
(payable to Awakening Wisdom Yoga and Meditation)
- ☐ Visa/MC/AmEx _____ Exp. date _____
CVV _____ Zip code _____
Signature _____

If you prefer to give your credit card information over the phone, please call Betsey at 919-903-9557 or 919-444-9215.

Registration *information on back*

**For more information or if you have questions,
contact Betsey at 919-903-9557 or 919-444-9215.**