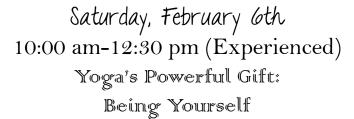


A Weekend Workshop with Betsey Downing, PhD February 5-7, 2016

Expressions of Grace Yoga is excited to welcome Betsey Downing, international yoga teacher, to our studio for a powerful 4-part series.

> Friday, February 5th 6:30-8:30 pm (All Levels) Yoga's Profound Gift: Reclaiming the Sacred



Saturday, February 6th
2:00-4:30 pm (All Levels)
Yoga's Personal Gift:
Your Inner Guidance

Sunday, February 7th
9:30 am-12:30 pm & 2:00-4:30 pm
The Art of Progressive
Sequencing for Yoga Teachers





