



Courage to

LIVE FULLY

In uncertain times

with Betsey Downing

Saturday, October 22nd

Workshop 4-6pm:

As Yogis, we have been practicing for years to develop courage and compassion, just for these times.

Strengthen the qualities of centered presence and a compassionate heart in this full spectrum workshop. Betsey will lead you in a progressive sequence of skills including a mini-session on Forearm Balance (Pincha Mayurasana) toward your appropriate expression of the pose.

Once you've tapped into your courageous heart you can offer it fully to the world

RSVP on-line at
www.evovemovement.com or
call 919-828-4525

Food 6-7pm:

Community Potluck Dinner!!

Film 7-8:15pm:

HUMANITY ASCENDING

Stay for the groundbreaking documentary film that offers direction, meaning and vision as it presents us with a glimpse of the power of human consciousness when harnessed for good.

