

Mini Spirited Women Yoga Retreat 2017

Cultivating Courage & Compassion

Suzie Hurley & Betsey Downing, PhD.

May 18 ~ May 21



Kripalu Center for Yoga & Health, Lenox, MA.



Yoga can be a doorway to access a whole new way of being
as you move into a powerful time of life.

Filled with vitality and significance, tap into your
courage and compassion and step into your full spiritual presence.

Come together with other spirited women to explore
the issues of our time through a spiritual lens.

Give yourself the gifts of yoga, meditation, pranayama, and deep relaxation
so you return home uplifted, empowered, and inspired.

For women over 45 with minimum six months of yoga experience.

For details: <https://kripalu.org/presenters-programs/spirited-women-s-yoga-retreat>

Or call 800-741-7353