



# Anusara Yoga® Workshop

Betsey Downing, Ph.D, E-RYT 500

February 29-March 2, 2008

Jackson, MS



Event held at Millsaps College HAC  
1701 N. State St. Jackson, MS 39210  
[www.butterflyyoga.net](http://www.butterflyyoga.net) for directions

Contact: Scotta Brady  
3025 N.State St.  
Jackson, MS 39216  
601/594.2313

## Living with Virtuosity

Life is a magnificent gift of the Divine! Yoga encourages us to honor this gift by choosing to align with the intrinsic goodness of the Universe, and at the same time to support our own heart's desires to live with virtuosity. Join us for a superbly empowering weekend of yoga!

**Fri. 6-8 pm:** Turn your perspective around in twists

**Sat. 10 am-1 pm:** Full enthusiasm in standing poses & handstand

**Sat. 2:30-4:30 pm:** Become the witness with restoratives, pranayama, and meditation

**Sun. 10 am-1 pm:** Bloom where you're planted in back bends

**Betsey Downing**, Ph.D., E-RYT-500, has been a yoga practitioner since 1972 and a meditator since 1974. She is one of Anusara Yoga's senior certified teachers, and has studied with John Friend as her primary teacher since 1994. Her early influences were Sivananda yoga, Joel Kramer, and Iyengar yoga. Betsey teaches workshops and trainings nationally and internationally and serves as the Co-Chair of the Anusara Certification Committee. She holds a Ph.D. in Sport Psychology from the University of Virginia, and is listed in the *World's Who's Who of Women*. Betsey's teaching is vibrant with her passion for yoga and special expertise in progressive teaching. Her goal is to create an opportunity for students to connect with their power and wisdom, and to touch the sacred.



## Registration Form

Please check desired sessions:

- |   |                   |
|---|-------------------|
| <input type="checkbox"/> Fri 6-8 pm       | \$35              |
| <input type="checkbox"/> Sat 10-1 pm      | \$45              |
| <input type="checkbox"/> Sat 2:30-4:30 pm | \$35              |
| <input type="checkbox"/> Sun 10 am-1 pm   | \$45              |
| <input type="checkbox"/> Entire Weekend   | \$145 (save \$15) |

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_

Please make checks payable to Butterfly Yoga