

Willow Street Yoga Center presents

**Awakening to Face Climate Change:
A Call for Yoga, Spirituality, and Communal Action**
with Betsey Downing

In this teach-in on climate disruption, Betsey leads us in an exploration of how yoga can inspire courageous action. Friday night is a pay-what-you-can yoga and information session benefitting the Chesapeake Climate Action Network; Saturday's daylong workshop delves deeper into the material, and is for personal growth, spiritual activism, and planetary evolution. Sessions may be taken separately, but will be most powerful experienced all together.

Shining Light in Dark Times: The Roles of Yoga, Spirituality, and Community in Facing Climate Disruption

- **Friday, July 24, 7-8:30pm**

This presentation offers a new look at the biggest threat of darkness that currently faces humanity – unprecedented climate disruption – and the monumental impact yoga could have. The important questions to ask are, “As spiritually mature and emotionally mature practitioners, how can we collectively rise to the historical significance of this moment? How can we turn this crisis into a great opportunity?”

Kindred spirits, please join Betsey for an opportunity to address courageously the climate disruption that threatens our planet. Our evening will include light yoga and breathing exercises accessible to all; video clips of the most current climate science; myriad uplifting examples of meaningful actions communities are taking around the world; and discussion of what's possible. By donation; proceeds will be donated to the Chesapeake Climate Action Network.

Invoking Your Inner Warrior

- **Saturday, July 25, 12:00-3:00pm**

We begin with a one-hour discussion of the latest climate change science and what actions we can take to respond, then invoke our inner Spiritual Warrior in a full spectrum workshop including standing poses, back bends, and arm balances, taught in a safe and accessible way. Modifications will be given to suit yogis of all levels.

Envisioning a Bright Future

- **Saturday, July 25, 4:30-7:30pm**

How do we rise to the historical significance of this moment? We roam in the spaciousness of our heart, to allow a vision of what's possible to flourish, and honor the whispers of our Inner Wisdom. Quiet poses include seated poses, hip openers, pranayama, and meditation; yogis of all levels welcome.