



Register Today

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800.741.7353

APRIL 28–MAY 1 | THURSDAY–SUNDAY

Suzie Hurly and Betsey Downing

YOGA FOR WILD, WONDERFUL, AND WISE WOMEN

FOR women over 45 with at least six months of yoga study.

Get uplifted, empowered, and inspired to greatness and authenticity! Explore the challenges and triumphs of getting older through the lens of yoga, meditation, pranayama, and discussion. Your yoga practice can be a doorway to accessing courage and enthusiasm and fostering new patterns of being—making this stage of your life vital and meaningful.

Suzie Hurley and Betsey Downing teach yoga with refined alignment cues, guiding you to embrace your transformation as you

- Practice a full range of poses
- Try meditation techniques to calm the mind
- Learn to trust your intuition and wisdom
- Soak in rejuvenation and inspiration from the group
- Experience therapeutic applications of yoga for physical issues.

MISSION DRIVEN, DONOR SUPPORTED

Kripalu is the largest yoga-based retreat center in North America. While you are here, enjoy daily yoga classes, natural-foods cuisine, massage and healing arts, hiking trails, sauna, like-minded people, and extraordinary views—all in the natural beauty of the Berkshires of western Massachusetts.

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Suzie Hurley, E-RYT 500, has been teaching yoga since 1981 and practicing since 1977. She holds a 500-hour Kripalu Yoga teacher certification, studied and practiced Iyengar Yoga for 16 years, and was a senior certified Anusara Yoga teacher for 14 years. suziehurley.com



Betsey Downing, PhD, E-RYT 500, teaches from a deep well of wisdom and practical knowledge developed over nearly 40 years of teaching and study, with roots in Sivananda, Iyengar, and Anusara Yoga. betseydowning.com

