



**BETSEY DOWNING, PHD, E-RYT 500**, has practiced yoga and meditation for 40 years. Her passion is to empower students to respond to the historical significance of our time.  
*betseydowning.com*



**SUZIE HURLEY, E-RYT 500**, blends the best of Anusara, Kripalu, and Iyengar Yoga with a unique way of encouraging, enlivening, and empowering students to experience inner joy.  
*suziehurley.com*

APRIL 28–MAY 1 | SUNDAY–WEDNESDAY

# Betsey Downing and Suzie Hurley YOGIC TEACHINGS FOR THE GREAT TRANSITION

**FOR** women with at least 6 mos. of yoga experience.

We live in a unique moment in human evolution when the old is dying and the new is being birthed—but is not yet here. The need for spiritually and emotionally mature women has never been greater, to help usher in the Great Transition to a life-affirming culture. We can lead with courage and compassion as we speak up and act from our full presence as the embodied Divine Feminine.

In this program, delve into yogic teachings to bring forth the best within you so you can live with greater clarity and ease in these uncertain times. Offer your abundant expression and have fun doing so, as you

- Explore a wide range of yoga poses
- Practice meditation techniques to anchor yourself in Spirit
- Honor your intuition, wisdom, and guidance
- Experience deep relaxation and rejuvenation
- Align with the gifts you have to offer at this unique juncture in history.

Betsey Downing and Suzie Hurley teach yoga with refined alignment cues, guiding you into poses safely and effectively. Daily discussions on significant issues complement this enriching yoga and meditation retreat.

Register Today

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