

A Weekend Workshop with Betsey Downing, PhD February 5-7, 2016

Expressions of Grace Yoga is excited to welcome
Betsey Downing, international yoga teacher, to our
studio for a powerful 4-part series.

Friday, February 5th
6:30-8:30 pm (All Levels)

Yoga's Profound Gift:
Reclaiming the Sacred

Saturday, February 6th

10:00 am-12:30 pm (Experienced)

Yoga's Powerful Gift:
Being Yourself

Saturday, February 6th

2:00-4:30 pm (All Levels)

Yoga's Personal Gift:
Your Inner Guidance

Sunday, February 7th

9:30 am-12:30 pm & 2:00-4:30 pm

The Art of Progressive
Sequencing for Yoga Teachers



Expressions of Grace Yoga
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