



About Betsey & Suzie

Suzie founded and directed Willow Street Yoga Center of Takoma Park, MD for 18 years before selling it to her son and daughter-in-law in 2012. She grew WSYC to be one of the largest yoga centers in the country, currently serving over 1600 students. Besides seeing private clients for both meditation and therapeutic yoga, Suzie volunteers for Hospice as both a compassionate caregiver and Doula. She is an activist for progressive change on all things that bring us to the realization that we are one loving Whole and must work together as such.



Betsey has directed several yoga centers over the years, including Health Advantage Yoga in VA and Garden of the Heart Yoga in Sarasota, FL. She teaches from a deep well of wisdom developed from over 40 years of spiritual and personal growth practices. Betsey is a Volunteer Climate Leader through the Climate Reality Project, has lobbied Congress for a fee on carbon through the Citizens Climate Lobby, and works with the local chapter of 350.org. Her passion now is to offer workshops through the lens of our shared humanity and connection to Spirit. Betsey's intention is to help facilitate an awakening to the unprecedented climate emergency we're in, and the imperative of a WWII-scale climate mobilization to bring forth solutions as quickly as possible.



For more info about Betsey and Suzie, please see their respective websites: www.betseydowning.com and www.suziehurley.com.

Registration Information

Accommodations and Costs: accommodations are first come, first served. Prices are below and include: all yoga sessions, meals, taxes and accommodations. Check the Trinity Center website for more information and pictures of the accommodations. <http://www.trinityctr.com/conferencing/facilities.html>

Prices

	<u>Double occupancy</u>	<u>Single occupancy</u>
Guestrooms	\$995	\$1,195

**Note: Checks are much preferred; if paying by credit card, we will add a 3% fee to the amount.*

Registration and Payment

Registration opens **December 1, 2017**. You may download the brochure, complete the registration form and mail it with a \$200 non-refundable deposit or full payment to Suzie. Make checks payable to **Suzie Hurley**. Mail to her at P.O. Box 392, Oxford, MD 21654. Please direct all retreat inquiries to Suzie at suziehurley22@gmail.com or 240-423-3706.

Payment Details:

- \$200 non-refundable deposit must be received no later than February 15 to hold your spot.
- Half the remaining balance is due April 15.
- Remaining balance is due June 15.
- After June 15, no refunds are given unless your space can be filled from a waiting list.

Getting There

Transportation: The nearest airports are New Bern, NC (EWN), a 60 min. drive, or Jacksonville, NC, a 75-min drive. Shuttle, taxi, or car rentals are available. We will help participants connect with each other to share transportation to the center. The cost of transportation is not included in the price.

What past participants have said:

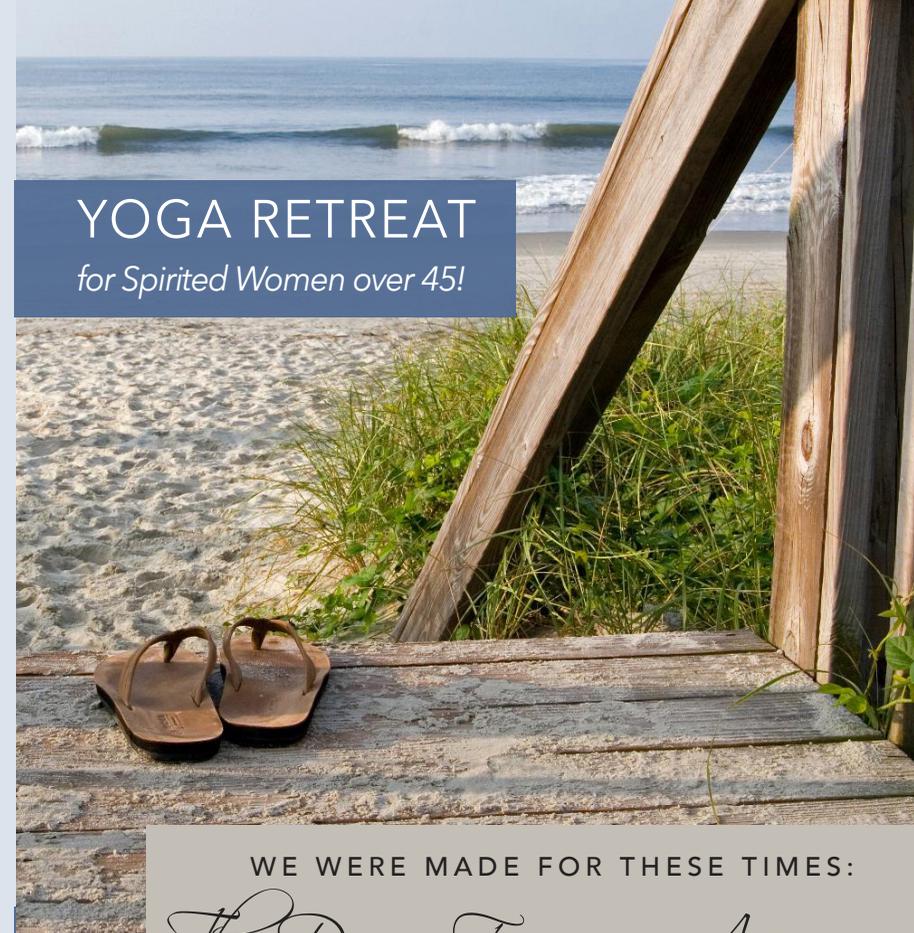
"I am always touched by the amazing combination of your knowledge, skill, and wisdom and the generosity of spirit with which you share yourselves with us!"

"Betsey and Suzie are my inspirations - strong, healthy, big-hearted spirited women."

"You are both such amazing teachers ... You managed to teach a challenging class with such a diverse group of students; a few beginners and lots of intermediate and advanced practitioners. We all loved it! Thank you for creating a safe and fun place to practice, talk, and grow."

"Thank you. Thank you for being You. Thank you for all you bring. You help me think, feel, laugh and connect. It was ... an amazing week."

"I loved practicing with women over 45. What a great idea!"



YOGA RETREAT
for Spirited Women over 45!

WE WERE MADE FOR THESE TIMES:

The Divine Feminine Arises

with Betsey Downing, Ph.D.
& Suzie Hurley

Trinity Center on Emerald Isle
Pine Knoll Shores, NC

August 21-26

2018



YOGA RETREAT
for Spirited Women over 45!
August 21-26, 2018

Join Suzie & Betsey for a 5-day retreat incorporating yoga poses, meditation, and pranayama to bring forth the best within yourself to serve our Emerging Future.

We live in unprecedented and tumultuous times! We are in the midst of a historic shift in consciousness, from the love of power to the power of love ... from a hierarchical model of competition and control to a collaborative model of connection and community. The old is dying and the new is being birthed.

We have a once-in-a-lifetime opportunity to embrace a planetary transformation. In this retreat we will explore yogic teachings to bring forth the best within ourselves to help create a New Earth Community that honors diversity, justice, and sustainability. The World is crying out for spiritually and emotionally mature individuals to stand up and speak up from their full Presence as the embodied Divine Feminine and fight for the heart of what matters.

Trinity Center

We are holding our 2018 SWR again at The Trinity Center on Emerald Isle, in Pine Knoll Shores, North Carolina. The center is located between the Atlantic Ocean and Bogue Sound. Its contemporary buildings are set in restful surroundings, in the midst of Nature in every direction, creating a relaxing non-commercial atmosphere.

Guestrooms are small, simple and elegantly situated within the natural beauty and tranquility of the maritime forest. The rooms are divided into 4 housing clusters. Each cluster contains 8-12 rooms and is supported by its own central living room and deck with rocking chairs. The central living room contains comfortable furniture, TV/VCR, microwave, icemaker, and coffee maker.

Each guestroom has a private bath; a double and single bed and is individually heated and cooled. Wi-Fi is available in the central living room but not in the guestrooms.

Go to <http://www.trinityctr.com/conferencing/facilities.html> for more information.

"The World will be saved by the Western Woman"

—The Dalai Lama, at the Vancouver Peace Summit in 2009

Our Retreat

- Begins with dinner on Tuesday, August 21, at 6:00pm and ends with breakfast the following Sunday.
- Includes a 3-hour morning Intermediate level asana class and a 2-hour afternoon class of quieter practices, including pranayama and meditation. Both sessions incorporate discussion of our broad theme of using yogic teachings to bring forth the highest in ourselves to serve the Emerging Future.
- Includes three healthy, delicious meals daily. Vegetarian and vegan options are available.
- Includes ample time for relaxation, walking the beach, reading, ocean swimming, adventuring and/or just chilling.
- Free Wi-Fi is available in all meeting rooms and cluster living rooms. There is no Wi-Fi in the guestrooms.

Our Yoga

Betsey & Suzie teach with a strong emphasis on alignment, gained from decades of training in both the Iyengar and the Anusara systems of yoga. Their teaching makes each class therapeutic. Both longtime and seasoned certified yoga teachers, Suzie & Betsey are known for their ability to break down difficult poses into accessible components, so that the level of asana skillfully progresses each day, with sessions building on each other. Plus, they teach with non-judgmental compassion, a great sense of humor, and lots of laughter. This approach not only makes poses more accessible, it makes classes joyful and fun!

Each day includes their most cherished practices of meditation and pranayama (breathing exercises). With the enthusiasm, support, and inspiration of fellow participants, Suzie & Betsey lead you to new places in the depth of your self-acceptance and the height of your potential as a spirited woman taking her rightful place in today's world.

Please note:

- 2 years continuous study of yoga; alignment-based yoga experience is highly suggested.
- We offer a well-rounded intermediate level yoga practice, including, standing and seated poses, back bends, some arm balances, and inversions.

Props are NOT provided. You must bring a sticky mat, 2 blankets, 1 block, and a yoga strap.

REGISTRATION FORM

Please complete form in its entirety.
Missing information will delay registration.

Name _____

Address _____

City _____ State _____ Zip _____

Email _____

Note: Retreat Coordinator will communicate all details via email.

Phone (Best) _____ Phone (Other) _____

Please check the box to indicate your accommodation preference:

Guestrooms Double occupancy \$995 Single occupancy \$1,195

List roommate(s) if known _____

Payment: (Checks are much preferred; if paying by credit card, we will add a 3% fee to the amount.)

Amount _____

Check # _____ (payable to Suzie Hurley)

Visa/MC/AmEx _____

Exp. date _____ CVV _____ Zip code _____

Signature _____

Send form with payment:

Checks payable to Suzie Hurley
Suzie Hurley, P.O. Box 392, Oxford, MD 21654

Registration information on back

For more information or if you have questions, contact Suzie at suziehurley22@gmail.com.