

# **Bearfoot Yoga Presents: Opening to New Possibilities** ***with Elysabeth Williamson / Feb 6 - 7,*** **Islip, Long Island**

## **Inversions / Turning Our Realities Upside Down**

Inversions have the power to change not only our perspective, but also our perception - thereby freeing us from habitual thoughts and behaviors. On the physical level, they are powerfully detoxifying, rejuvenating and strengthening.

Learn new ways to safely explore these challenging and exhilarating postures and come away with greater grounding, clarity and confidence.

Wed/ Feb 6/ 2 - 4PM

Cost: \$35 until 2/1 / \$45

## **Ayurvedic Self-Care: For Yoga Teachers and Practitioners**

*"In Ayurveda the root cause of imbalance is "prajnyaparadha" or "crimes against wisdom". We all know deep down what is correct and healthy for us on all levels. This inner knowing gets muddled by life experiences and toxins (environmental, mental, emotional). Change requires our motivation, often but not necessarily, spurred by pain and illness." -Alexia Neonakis, Vedic Astrologer*

How do we become more pro-active in daily self-care rituals that lead us away from dis-ease and toward our innate well-being?

Join us for a nourishing experience exploring various Ayurvedic and Western healing rituals and modalities. Hands on experiential / Handouts included.

Thur/ Feb 7/ 2 - 4PM

Cost: \$35 until 2/1 \$45

**To register: [www.BearfootYogaCenter.com](http://www.BearfootYogaCenter.com)**

**Further info: 631-560-4401**

