

∞∞ comments from former retreat participants ∞∞

*... I found the retreat to be a wonderful experience--one that continues to unfold,
helping to open new places, giving rise to new possibilities*

~ **Anonymous Workshop Participant**

*... really liked the schedule, good pace and flow of events....yoga
and pranayama great as usual – those chest openers!*

~ **Anonymous Workshop Participant**

*.....enjoyed the mindfulness bell and the flute....the food was
absolutely wonderful.... the mindful eating exercise was so powerful!*

~ **Anonymous Workshop Participant**

*..... I had never been to a yoga workshop and wasn't sure what to expect. After two days of
in-depth work with John and Betty, I can't wait for my next workshop*

~ **Anonymous, Bowling Green, Kentucky**

.....the "cleansing breath" is so simple--yet so powerful

~ **Anonymous Workshop Participant**

.....I have found that what I experienced at the retreat is especially helpful in my everyday life

~ **Anonymous Workshop Participant**

*.....what is really special about Betty and John's workshops is that because there IS the two of them, they work with a wide
variety of "yoga experience " levels at the same time, providing a lot of personal attention*

~ **Diana Woodall, Harrisonburg, Virginia**

.....the talk about mindfulness was beautiful and so relevant

~ **Anonymous Workshop Participant**

*.....I gained knowledge through Betty's clear, precise, and patient guidance and I gained depth through John's sensitive
and intellectual approach to yoga, and all it encompasses*

~ **Kathi Lind, Dallas, Texas**

....Betty's asana teaching is accurate, compassionate and fully alive in the yoga moment

~ **Anonymous Workshop Participant**

.....it's been nice to experience the joy of living in the present

~ **Anonymous Workshop Participant**

*....Betty and John are extraordinary yoga teachers. They provide in-depth instruction in the fine and subtle art of
asana.....adeptly guide multi-level students through serious, personally challenging, in-depth and yet, playful
session...teaching in the moment with compassion, humor and grace from their collective reservoir of deep understanding
and personal experience. Weaving philosophy, pranayama, and chanting, along with a humbly sharing of their personal
journeys, they are a powerful example of 'living yoga'*

~ **Linda Smith, Orbis Yoga Studio. Louisville Kentucky**

"It was like a nice vacation where everything gets left behind."

~ **Anonymous Workshop Participant**