



**May 20–23, 2010 Thursday–Sunday**

## Accommodating Life's Changes: A Journey into Yoga and Meditation Retreat for Women

### **Sylvia Boorstein, Brahmani Liebman, and Jashoda Edmunds**

When people repeat the Bette Davis quote, "Getting old is not for sissies," they are usually referring to the challenges of the aging process. This workshop for women begins with the premise that living through our midlife and older years inevitably requires us to navigate life's changes, mental as well as physical. It is based on the view that living with grace and ease and recognizing our innate peace and wisdom is possible for each of us, regardless of our situation.

In a safe community of women, we will empower our spiritual inquiry with the practices of yoga, meditation, didactic teachings, group sharing, and Q&A periods. We will learn and refine practices that participants can take home as allies on their ongoing journey.

Sylvia Boorstein, Brahmani Liebman, and Jashoda Edmunds love teaching together and interweave Buddhist and yogic perspectives with joy and lightness of heart. Bring yourself, your body with all its strengths and limitations, your journal, and your sense of humor to this weekend of wise and compassionate exploration. **CE credits are available.**



**Sylvia Boorstein, LCSW, PhD**, is a cofounding teacher at Spirit Rock Meditation Center in Woodacre, California. She has worked as a psychotherapist since 1967 and taught the first women's studies course offered by the College of Marin. Sylvia trained as a yoga teacher with Magana Baptiste in the 1960s and taught hatha yoga for many years. She is the author of five books on Buddhism and meditation practice, including *Pay Attention*, *For Goodness' Sake: The Buddhist Path of Kindness and Happiness is an Inside Job*.



**Brahmani Liebman, MEd, E-RYT**, has been a student of yoga and meditation since the 1970s, a yoga teacher since 1988, and is currently on the Kripalu Yoga Teacher Training team. She is founder and director of the Rivertown Center for Yoga and Health in Dobbs Ferry, New York. Brahmani is the cocreator of Journey Into Yoga Teacher Training and the CD *Journey Into Yoga: Awakening the Spirit*. Brahmani has additional training as a Phoenix Rising yoga therapist and Transcendental Reiki master/teacher. [www.journeyintoyoga.com](http://www.journeyintoyoga.com) and [www.rivertownyoga.com](http://www.rivertownyoga.com)



**Jashoda Edmunds, E-RYT**, has studied yoga since 1971 and began teaching in 1987. With Brahmani Liebman, she is cocreator of Journey Into Yoga Teacher Training and the CD *Journey Into Yoga: Awakening the Spirit*. Jashoda is a founding member of the Kripalu Yoga Teachers Association board, a member of the Kripalu Yoga Teacher Training team, and also draws on her training as a Phoenix Rising yoga therapist, shiatsu practitioner, and cranial sacral therapist. Influenced by years of Buddhist study and practice, Jashoda encourages students to recognize that each moment of their lives is an opportunity for transformation. [www.journeyintoyoga.com](http://www.journeyintoyoga.com)



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Kripalu is 3 hours north of New York City.

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