



SOUL MEDICINE SCHOOL

B E T T Y P A P A D O P O U L O U



OCTOBER 25-27 2019

3 DAYS YIN YOGA IMMERSION

AT AGORA LISBOA

About Yin Yoga...

Yin Yoga uses gentle long-held postures practiced with an attitude of compassionate acceptance to awaken the more Yin parts of ourselves, on a physical, energy and emotional level.

In Yin Yoga we approach the more yin parts of our body, ligaments and connective tissue.

Yin Yoga is a beautiful ceremony. It vibrates to different rhythms and traditions, recites poetry, follows our heart bit and its subject is always Love.



About Yin Yoga & Spiritual Medecine...

We live in a time when everyone is searching to discover who we really are, our path, charisma, our purpose in life, or as the American Natives say, one's original medicine. At the same time we all rush to experience life, to learn more, to help others and become our life's purpose.

At the end of the day and after all this rush and effort we find ourselves to the brink of burn out and in the need of an effective real medicine or a relaxing nutrition supplement at least.



About Betty...

Betty was born in Greece at 1970. She was a high school teacher for 12 years teaching finance and social science. She first started practicing Tai Chi in 2002. Her teacher introduced her also to the "art of touch" and to Thai Massage.

She started practicing Hatha Kriya Yoga at 2004 and since then has been attending numerous seminars and training courses all over the world. At 2011 she did her TTC at Yin Yoga with her teacher and friend Biff Mlthoefer, and since 2013 they are working together for his TTC's in Greece.

Betty is teaching the Module 1 Yin Yoga Teacher Training Course "The sacred ceremony" together with many other yin yoga workshops. The last years Betty is following her Tai Chi teacher Tew Bunang into his seminars and research on End of Life care, practicing what she calls "Spiritual Medicine". She is a Vipassana Meditator since 2008.

She is teaching the Thai Yoga Massage Beginners Course "Thai Massage Training, Yin and Spiritual Medicine" together with many other workshops on Thai massage and therapy. She has practiced contemporary dance and dance theater for six years, continues her research in life through Dance Therapy Schools, "Gestalt Institute of San Francisco," "End of Life Care."

Betty uses her drum, guitar, and voice to connect with the clear rhythm of the heart. She has been cofounder of the "You Create Your Reality Program, through Creative Arts and Educational Programs" for the children and the youth of the area Kamuli Uganda.

Join the immersion...

So, if you are a teacher or a student of yoga, a teacher of any kind, a parent, a therapist, if you accompany people in any way, then this seminar is for you. If you have started to understand that you cannot help anyone unless you help and support yourself then you are highly invited.

If you have wished for a few days of learning about the yin way of approaching life or simply for a few days self growth, a quiet time to reflect and prepare for the new season that is rising then simply come.

You will explore...

Taoist practices as they apply to Yin Yoga: Yin & Spiritual Medicine

Yin yoga & Yin Yoga poses. The main principles and concepts behind the practice

The Yin practice of non-striving and how it influences our lives and our teaching

Coming in touch with our own nature, understanding our own natural patterns. A basic understanding of Yin Yoga anatomy

Practices of Self-growth: Yin & Spiritual medicine

Yin Yoga & Meditation: A Yin approach to the concept of "change"

A different approach to the Meridians & the Five Elements: Yin & Spiritual Medicine

Trauma & Yin Yoga

Primitive dance expression, kirtan and more...

Details & Registration...

More info about our guest teacher Betty Papadopoulou :

<https://www.yogathaisoul.gr/en/>

Write us at info@agora-lisboa.com to register

A 70 euros deposit is required to secure your spot

**You can sign up for the whole 3 days immersion
(15hours) or for only 1 or 2 days**

PRICE for 3 days immersion:

Early bird price 200 euros (register until Sept 15)

Normal price 220 euros

20% off for Agora students & unemployed

PRICE for 1 day:

75 euros Early bird/ 80 euros Normal



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