your fearless (upside down) leaders

Beth Furman, MALS, E-RYT 500, has studied yoga, dance and many forms of movement all her life. She has had the good fortune to have traveled the world, exploring and teaching in exotic places such as Cartagena and Marrakech. Her travels have been her teachers and her teachers have been many, so her style is eclectic and inspired by life around her. Graduate work in Movement Studies at Wesleyan University gave her the skills to teach many types of movement. Shiva Rea's 300 hour certification and other trainings have taught Beth about flow and creativity in a yoga practice. She completed her 200 hour at Saraswati's Yoga Joint, which honed in on alignment and precision in teaching. And Beth's studies at Kula Yoga Project and Laughing Lotus NYC in the last few years continue to integrate all of the above. Teaching children at Kripalu and locally has given her an appreciation for spontaneity. In-depth study and certification in Energy work with Wendy DeRosa's School of Intuitive Studies have inspired her to continue to work with the healing aspects of yoga and moving meditation. Her Psych degree in showed her the ways that all sorts of movement affect our psyches and can be a source of deep healing. Her teachings continue to unfold as a practice of attention to the ways that our bodies reveal our inner workings. Beth has a strong background in the ways that movement affect our psyche and can be a source for deep healing. Expect an organic, beautiful flowing movement experience that might just help you find YOU in your body.

BETH FURMAN

Tracy Maxwell has studied many forms of healing including Reiki, Qigong and chakra-based intuitive and energetic methods (she holds a certification from the School of Intuitive Studies). She has put that training to work as a healing coach and survivorship guide, focusing on women in transition. Tracy expands possibilities by connecting clients with their vision and value to experience physical, mental, emotional and spiritual wholeness. Healing literally means "to make whole." The truth is, you are already whole and complete, but anything that has you feel otherwise is in need of healing. Whether it is thought patterns, habits, limiting beliefs, emotional trauma and even physical illness, healing will bring you into your fullest self-expression - your beautiful, creative, fulfilled self. Being diagnosed with a rare form of ovarian cancer in 2006 led Tracy to seek healing, and her health challenges have been rocket fuel for her spiritual development. As a single woman, she looked for resources to support those without partners and finding none, created her own! Her blogging led to a book deal and *Being Single, With Cancer: A Solo Survivors Guide to Life, Love, Health & Happiness* was published in 2014, sharing her story as well as those of other single cancer survivors. From starting a non-profit, to living in Hawaii for months at a time, from being a river guide in Colorado to appearing on the Katie Couric Show, Tracy has had incredible experiences in her life and loves connecting with others about their amazing lives as well.

TRACY MAXWELL