

Ascending the Mountain

Two Yoga Elders Share Their View

Libbie Nelson • Eve Grzybowski

**Save these dates
October 18-19, 2025**

In this weekend workshop, Libbie and Eve will be exploring with you the yoga journey as it expresses itself in various ages and stages. What are the necessary tools and practices that will help us evolve and create fulfilling lives? The workshop content will include asanas, pranayama, chanting, meditation, relaxation — as well as practice, theory and discussion.

Libbie and Eve have both practiced yoga for more than 50 years. They have both been teaching yoga professionally for more than 45 years. They have a longview perspective on how yoga has changed over the years. And what yoga is appropriate for various stages of life because they've been there.

This course will be limited to 30 participants. Early booking is recommended.

Saturday, October 18 10:00am to 4:30pm

Sunday, October 19 10:00am to 4:30pm

Venue: The Drill Hall, 1c, New Beach Rd. Rushcutters Bay, NSW

Cost: \$375.00 (early bird before August 15, 2025 \$325)

Contact: Libbie or Eve to make your payment

Libbie: libbie@healthiemoves.com

Eve: eve.grzybowski@me.com or 0414 555 881