

Betty Wotoczek is back offering Yoga for the 5<sup>th</sup> consecutive live International Clinical Skills Conference.

An international Yoga Teacher, Betty has been teaching for over 19 years. Certified in Yoga (E-RYT500), Life Coaching, Personal Training and various specialties working with groups and individuals, she has a particular interest in clients with Neuromuscular challenges. Based in Toronto, she runs custom programs, classes, workshops and retreats in Canada, Italy, England and Bali as well as working with clients virtually.

Check out her Online Yoga Video Site [video.staybalanced.ca](http://video.staybalanced.ca) and her YouTube Channel [Stay Balanced with Betty](#)

Catch-up with the latest from Betty on Instagram [@betty.staybalanced](#) and [@bettys.wink](#)

Betty is excited to once again offer morning classes on Monday, Tuesday and Wednesday. Get the most out of your conference by starting the day off with a little Yoga. See you in Prato!