

SUWANNEE RIVER YOGA

presents

YOGA & MEDITATION – THE CORE OF WELLNESS

Learn The Mind-body Essence Of Economical Self-health Care

SATURDAY APRIL 25, 2009 – 9:00 A.M. - 5:00 P.M.



*A workshop with **Christopher Baxter**, Architect, founding member of Kripalu Center and the author of "Kripalu Hatha Yoga" has been a retreat leader, yoga mentor, yoga teacher-trainer and seminar leader for over 30 years. For bio or information on Christopher Baxter's approach to Yoga, visit www.atmayoga.com*

MORNING: 9:00 a.m. – 12:30 p.m. – \$40.00

*Body & Breath as a basis for wellness
core yoga, breathwork and deep relaxation*

AFTERNOON: 1:30 p.m. – 5:00 p.m. – \$40.00

*Mindfulness & Meditation as the method for wellness
meditation, mindfulness and clear-mind training*

**FOR QUESTIONS &
REGISTRATION CONTACT:**

**DOROTHY PRICE
SUWANNEE RIVER YOGA
P.O. BOX 45
WHITE SPRINGS, FLORIDA**

Fee: \$75

**BOTH SESSIONS & INCLUDES LUNCH
VEGETARIAN LUNCH WITH
EITHER SESSION \$7.00**

386-208-3966

WWW.SUWANNEERIVERYOGA.COM