

Quiet Mind, Peaceful Heart



Rebalancing Your Natural Self

Autumn Returns with Calming, Kind-Hearted Yoga, Relaxation & Meditation

With **Christopher Baxter** ERYT 500

Sat Oct 9 • 9am 4pm • \$85

pre-register by Oct. 6 • includes delicious vegetarian lunch • ½ day available

Suwannee River Yoga, White Springs, FL

16548 Spring Street 386.208.3966 dottie1@windstream.net

Suitable for All Levels • Qualifies for Yoga Alliance CEU's

Christopher Baxter an architect and master yoga educator with 40 years experience is the author of "*Kripalu Hatha Yoga*", and a founding member of Kripalu Center. He was instrumental in the development of Kripalu Yoga and the Yoga Alliance. www.atmayoga.com