

# Yoga & Mindfulness



## Awakening the Four Foundations: Body, Feeling, Thought & Spaciousness Christopher Baxter

- Learn four foundations of mindfulness to transform difficulty into wisdom
- Integrate outer & inner yoga for peaceful strength in body, mind & heart
- Experience spontaneous well-being through a mindful approach to yoga

**Sat. Sep 28, 2013 9am - 4pm**

### **Suwannee River Yoga**

**16548 Spring St • White Springs, Fl. • [www.suwanneeriveryoga.com/](http://www.suwanneeriveryoga.com/)  
\$85 Register By Sep 25 • Includes hand crafted lunch • 386 208 3966  
Half-day available • Qualifies for Yoga Alliance CEU's**

Architect & master yoga educator, ERYT 500, author of "Kripalu Hatha Yoga", instrumental in developing Kripalu Yoga, student of Buddhist meditation master Yongey Mingyur Rinpoche, Christopher's trainings embody spacious well-being in body, mind & heart.

[www.innerSkyyoga.com](http://www.innerSkyyoga.com)