

Yoga & the Spirit of Change



at peace with life, death & impermanence
Christopher Baxter

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

Sat. March 2, 2013 9am-4pm

- Find the "eye of the hurricane" in the midst of stormy changes
- Transform anxiety & doubt into strength of heart & clarity of mind
- Experience mind/body tools for calm abiding when facing the unknown
- Learn clear inner guidance & relaxed humor for all of life's transitions

Suwannee River Yoga

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