

# YOGA of the SUBTLE BODY



Integrating Inner & Outer Yoga for Spacious Well-Being

with Christopher Baxter

Architect, ERYT 500, author of "Kripalu Hatha Yoga", instrumental in the development of Kripalu Center, student of meditation master Yongey Mingyur Rinpoche, Christopher integrates inner and outer Yoga on behalf of spacious well-being in body, mind & heart. [www.innerSkyyoga.com](http://www.innerSkyyoga.com)

**Sat. Sep 22, 2012 9am-4pm**

If you already enjoy the benefits of Yoga, now learn how to:

- Develop calm confidence in the midst of anxiety, stress & anger
- Awaken lighthearted openness & warmth anywhere, anytime
- Redirect old patterns of restlessness, worry & agitation into relaxed awareness, creative thinking & effective action

This methodology is a secular approach, suitable for any religious preference

**Suwannee River Yoga**

16548 Spring St • White Springs, Fl. • [www.suwanneeriveryoga.com/](http://www.suwanneeriveryoga.com/)  
\$85 Register By Sep 19 • Includes handmade lunch • 386 208 3966  
Half-day available • Qualifies for Yoga Alliance CEU's