



# SUWANNEE RIVER YOGA

presents

## Opening the Inner Gifts

*of Compassion, Connection, & Peaceful Presence*

**SATURDAY,  
DECEMBER 6<sup>TH</sup>, 2008 | 9 A.M. – 4 P.M.**

\* Transform hectic holidays into spacious, healing holy days by enjoying a full day of yoga that is calming, comfortable & compassionate.

\* Release anxiety & expand abundant energy to every cell of your body as you unfold a more open, spacious heart in your personal interactions.

\* Explore a spectrum of practice from relaxing to invigorating & you awaken natural joy & spontaneous gratitude.

**CHRISTOPHER BAXTER**, a 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](http://www.atmayoga.com)

### FEES

Including vegetarian lunch , morning and afternoon sessions	\$75
Morning session only 9am to 12noon	\$40
Afternoon session only 1pm to 4pm	\$40
Lunch	\$5

(SEE REVERSE FOR DETAILS)

**FOR QUESTIONS &  
REGISTRATION CONTACT:**

**DOROTHY PRICE**

SUWANNEE RIVER YOGA

P.O. BOX 45 • WHITE SPRINGS, FLORIDA

**386-208-3966**



Our day of meditative yoga will focus on learning to balance

**GIVING, RECEIVING & BEING**

Sessions will include:

- **Guided Yoga Experiences**  
- to refresh, relax, and renew your body and mind
- **Full Body Breathing**  
- to calm, and open your nervous system
- **Easy Meditations**  
- to let go of disturbing mental habits
- **Compassionate Affirmations**  
- to aid and enhance natural well being for yourself and others
- **Beneficial Visualizations**  
- to help relieve depression & anxiety in yourself and others
- **Deep Relaxations**  
- to rest your heart and recognize intuitive inner wisdom
- **Loving-Kindness Practices**  
- to send heartfelt wishes benefiting others

**PLEASE REGISTER BY DECEMBER 3<sup>rd</sup>**

*Contact:*

**Dorothy Price at Suwannee River Yoga**

16548 Spring Street • White Springs, Florida

**386-208-3966**

[dottie1@windstream.net](mailto:dottie1@windstream.net)

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

