

Yoga & the Four Immeasurables



Loving Kindness, Compassion, Joy & Equanimity

Christopher Baxter

For thousands of years the *Brahmaviharas* or "Four Immeasurables" have enabled practitioners to awaken greater insight, wisdom, strength & compassion, bringing joy & genuine benefit to their lives & the lives of others. In this workshop you will:

- Practice realistic techniques to embody the Four Immeasurables in your life
- Deepen your yoga by embedding these qualities in the core of your practice
 - Learn yogic practices to cultivate these higher qualities
 - Strengthen your innate ability to teach & share these with others

O'Toole's Herb Farm

Sun. Sep 29 10am–1pm

Madison, FL www.otoolesherbfarm.com 850 973 3629

\$50 includes a delicious herbal lunch **Qualifies for YA CEU's**

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