

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