

# The Yoga Toolbox for Stress Release



## Overcoming Obstacles, Flowing with Grace

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

**Feb 7, 2015 • Suwannee River Yoga**

**9am-4pm • 16548 Spring St., White Springs, FL**

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

We are all born with the potential to awaken spacious, peaceful freedom. The skillful use of yoga - body, breath, meditation, mindfulness & relaxation - as a toolbox for stress release returns us to inner peace anywhere, anytime. Join us and learn to ...

- Explore courage - hidden in adversity as calm strength & insight
- Release fear stuck in the heart by relaxing & retraining your body-mind
- Use mindfulness techniques to transform denial, dread & hopelessness into wisdom
- Live a more spacious reality by letting go of hard opinions & limiting beliefs
- Draw on the truth of your life experience for inspiration, direction & clear purpose
- Nurture clear mind & emotional peace with deep relaxation - Yoga Nidra

**\$85 by Jan 30, \$95 at door • 386-208-3966**

**Includes delicious hand made lunch**

**Half day available • Qualifies for YA CEU's**