

Yoga for Core Integrity and Balance

A Weekend Yoga Workshop with Baxter Bell, MD, eRYT 500

September 12th - 14th, 2014

Santosha Yoga, Sheridan WY

Join us this weekend as Baxter Bell, MD, returns for a workshop focused on developing “Core Integrity and Balance” using the physical postures of yoga, the breath and the focused mind to reach your goals. Core integrity not only refers to strengthening the complex group of muscles and structures in our mid-section, but also strengthening our will power to achieve the most important goals in life. And balance on the physical level is so important in maintaining our health over time, but cultivating a balance in our work and social life can be equally important. Our sessions together this weekend will help you develop the skills to address all these vital aspects of your life!



Friday: 6:00 to 8:00
Saturday: 9:30 to 12:00
 2:00 to 4:00
Sunday: 9:30 to 12:00

Fees: All Sessions \$125.00
 Friday Evening \$45.00
 Saturday only \$75.00
 Sunday only \$45.00



And as a **special bonus**, visiting Ayurvedic educator and yoga teacher extraordinaire Melina Meza will give an introduction to Ayurveda talk as part of our Saturday afternoon class. Ayurveda is the sister discipline to Yoga that stresses the importance of keeping the body and mind healthy through lifestyle and diet choices.

Registration Form for: *Yoga for Core Integrity & Balance* with Baxter Bell – September 12 - 14th, 2014

Please mail registration form with check to: [Steve Cropley](#) 421 South Brooks [Sheridan, WY 82801](#)
Checks should be made out to: [Santosha Yoga](#)

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone Number: _____ Email Address: _____

I will be attending: (circle one or more): All Sessions Friday Session Saturday Sessions Sunday Sessions

Friday Evening Session 6:00 pm - 8:00 pm

Waking up the Core, Rebalancing the Body

This session will introduce the basic practices for core integrity and balance that will act like seeds and germinate in the other sessions this weekend. It will also be a great way to finish off the workweek and start your yoga weekend!

Saturday Morning Session 9:30 am – 12:00 noon

Diving Deeper Into the Core, Bolstering the Balance

We will take our work on balance and core integrity to the next level of understanding and challenge in this longer practice with a mix of yoga poses and some supportive breath-work and mental concentration practices.

Saturday Afternoon Session 2:30 pm - 4:30 pm

Balancing a Busy Life, Re-tooling Our Habits

We will start the afternoon off with a gentler practice designed to be an antidote to the crazy busyness of most of our adult lives. Then, we will be treated to a practical and useful talk on the ancient (yet relevant for modern life) practices of Ayurveda by Melina Meza.

Sunday Morning Session 9:30 am – 12:00 noon

To the Core for More, Balancing on the Point

Our final session of the weekend will bring all of the essential practices for core integrity and balance together. These practices can lead to integrated total body strength, agility in body and mind, and clearer insight around re-balancing health, work and social aspects of life.

For more information, call Teddy Araas 307-763-0017 or Steve Cropley 307-751-5540

Visit us on the web at:

www.balancedlivingconsultants.com

www.santoshayoga.info

Santosha Yoga ✦ Top Floor - Old Taylor School



Baxter Bell, MD, eRYT500, a man with an immense heart, is a regular visitor to Sheridan in the spring and fall, bringing his unique insights in to yoga's many health benefits from his perspective as a western MD, medical acupuncturist and yoga instructor.

To learn more about Baxter, visit his website www.baxterbell.com

Or check out his blog, www.yogaforhealthyaging.blogspot.com

Melina Meza, BS Nutrition, Ayurvedic Health Educator, 500-ERYT has been exploring the art and science of yoga and nutrition for over 20 years. She combines her knowledge of Hatha Yoga, Ayurveda, whole foods nutrition, and healthy lifestyle promotion into a unique style called Seasonal Vinyasa.

To learn more about Melina, visit her website <http://melinameza.com>

