

# Two Yogis are Better than One!

Yoga for Healthy Aging . . . AND . . . Ayurvedic Seasonal Flow

April 24<sup>th</sup> - 26<sup>th</sup>, 2015

## Santosha Yoga, Sheridan WY

Please join us for this new and exciting collaboration with master teachers Baxter Bell and Melina Meza. Both are experienced and dedicated yoga practitioners and teachers and will be offering their own expertise and unique style of teaching this weekend.

- Baxter will share his personal wisdom of yoga and the scientific evidence that shows how the yogic lifestyle supports healthy aging, as well as offering nurturing and playful Hatha yoga classes for the young and young at heart. (Lecture and asana practice)
- Melina's unique workshops in Yoga and Ayurveda will emphasize the importance of sequencing for Spring and adapting dietary approaches, cleansing techniques, daily rituals and lifestyle routines to synchronize with the seasonal changes. Students will learn relevant philosophy applicable to today's lifestyle and asanas to strengthen the body's inherent tendencies toward seasonal imbalances. (Lecture and asana practice)



Friday: 6:30 to 8:30  
Saturday: 9:30 to 12:00  
              2:30 to 5:00  
Sunday: 9:30 to 12:00

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



By taking a little extra time this spring season for the Two Yogis Workshop, which includes Hatha yoga poses, breath work and cleansing practices, Ayurveda and dietary support for cleansing and rejuvenation, your body will reward you tenfold as it starts to run more efficiently. The payoff will be more energy to do everything you love.



- Registration Form for: *Yoga for Healthy Aging & Ayurvedic Seasonal Flow*  
with Baxter Bell & Melina Meza April 24 - 26, 2015

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 6:30 pm - 8:30 pm

*Introduction to Spring!*

Baxter and Melina will co-lead this evening's session, with Melina presenting an short talk on the Spring season from the viewpoint of the ancient Indian healing tradition of Ayurveda, and with Baxter guiding us through a sweet yoga practice to end our work week and kick off a great weekend of yoga!

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

*All The New News on Yoga For Healthy Aging !(YFHA)*

Baxter will lead this session, updating us on all the newest studies on yoga and its health benefits and then leading us through a great yoga practice focused on improving Balance with a series of his newest balance poses!

Saturday Afternoon Session 2:30 pm – 5:00 pm

*Ayurvedic Seasonal Flow*

Melina will lead this session, sharing with us the amazing practices and the wisdom of a "Seasonal Flow" way of practicing yoga. Her talks on the practical tools of Ayurveda and her wonderful yoga practices will give you lots of new ways to enjoy your yoga!

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

*Two Yogis Finale*

Baxter and Melina will co-teach this Sunday morning session, sharing last minute details about YFHA and Seasonal Flow for Spring, and topping it off with a well-balanced yoga practice.

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

Visit us on the web at:

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

[www.santoshayoga.info](http://www.santoshayoga.info)

Santosh Yoga ✦ Top Floor - Old Taylor School



Baxter Bell, MD, ERYT500

Baxter is well known to the Santosha Yoga community. He brings a unique perspective to his teaching, combining his understanding of anatomy and medicine with his skill at instructing people from all walks of life and all levels of ability. In addition to teaching classes, workshops, and retreats internationally, Baxter is a presenter at Yoga Journal Conferences and the International Association of Yoga Therapy's SYTAR Conference, and teaches online courses at Yoga U Online. Baxter is also a co-founder and writer for the popular Yoga for Healthy Aging blog, where he shares his knowledge of medical conditions, anatomy, and yoga with practitioners and teachers across the world.

To learn more about Baxter, visit his website [www.baxterbell.com](http://www.baxterbell.com)

Or check out his blog, [www.yogaforhealthyaging.blogspot.com](http://www.yogaforhealthyaging.blogspot.com)

Melina Meza, ERYT500, BS Nutrition, Ayurvedic Health Educator,

Melina 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. Her devotion to yoga and eating well, to teaching and nutritional counseling, and to traveling and experiencing different cultures combine to create a colorful and enlightening perspective from which to share all the aspects that she loves about yoga in its entirety. Melina is the author of the Art of Sequencing books and Yoga for the Seasons – Fall Vinyasa DVD.

To learn more about Melina, visit her website

<http://melinameza.com>

