

# “Two Yogis are Better than One” Presents

Fall Yoga and Ayurveda Tune-Up

Sept 11<sup>th</sup> - 13<sup>th</sup>, 2015

Santosha Yoga, Sheridan WY

Join us at Santosha Yoga in Sheridan, WY as we welcome back the dynamic duo of Baxter and Melina who will share yoga, Ayurveda and nutrition tips for bolstering your Immune System as we head into Fall. Fall is a transitional season during which we are more susceptible to colds, flus and other immune system issues. Learn more about your immune system and how yoga and Ayurveda can help keep you healthy and strong as we move toward the end of the year.



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

Fees: All Sessions \$175.00  
Friday Evening \$60.00  
Saturday only \$100.00  
Sunday only \$60.00



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• Registration Form for: **Fall Yoga & Ayurveda Tune-Up** with Baxter Bell & Melina Meza  
Sept 11-13, 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 Session

Friday Evening Session 6:30 pm - 8:30 pm

*Getting Ready for Fall:*

Baxter and Melina will lead us through a wonderful balanced yoga practice that will relieve the stress of the week and set the stage for our exploration of our Immune health.

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

*Yoga and Your Immune System: Tune It Up!*

Baxter will be your guide in the morning yoga practice and discussion of how yoga helps to support good immune system health as we head into cold and flu season.

Saturday Afternoon Session 2:00 pm – 4:30 pm

*Ayurveda, Nutrition and Healthy Immune Function*

Melina will take us through the practical way the ancient health-care practices of Ayurveda, Yoga's sister science, can support the yoga ideas Baxter taught us in our morning session. Part lecture, part practice, this session will leave your mind full of great new ways to stay healthy and your body relaxed and refreshed.

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

*2 Yogis are Better Than 1 Practice:*

Melina and Baxter will co-lead a wonderful yoga practice that will bring together all the concepts and ideas from our weekend of Immune System strengtheners, as well as review and answer any final questions you may have!

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)

Santosha 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>

