

"2 Yogis are Better than One" Presents

Smart, Supple, Spry Yoga

April 15th - 17th, 2016

Santosha Yoga, Sheridan WY

Join our dynamic duo for another 2 Yogis are Better Than One Workshop. We will look at how yoga is good for brain health, staying agile and spry and keeping those arms and legs strong and supple.

If you are ready to dive deeper into personal practice this season and want to have some fun with new asanas and sequencing, please join us for this exciting workshop dedicated to exploring the art of Hatha Yoga in our Smart, Supple and Spry Yoga workshops.



Fri: Smart, Sexy, Supple Yoga - Evening practice with Baxter & Melina

Sat: Yoga Makes You a Braniac with Baxter

Smart and Supple Yoga with Melina

Sun: Smart, Supple, Spry Yoga - Morning Practice with Baxter & Melina

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

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



Santosha Yoga 1030 North Main, Sheridan WY 82801

For more info, call: Teddy 307-763-0017 or Steve 510-219-1125

Registration Form for:

Smart, Supple, Spry Yoga with Baxter Bell & Melina Meza April 15 - 17, 2016

Please mail registration form with check to: [Steve Cropley](#) 421 South Brooks Sheridan, WY 82801

Checks should be made out to: [Santosha Yoga](#)

Name: _____ Zip: _____

Address: _____ City: _____ State: _____

Phone Number: _____ Email Address: _____

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