

"2 Yogis are Better than One" Presents

Optimal Living: How Yoga & Ayurveda Keep Your Brain Healthy

April 21st - 23rd, 2017

Santosha Yoga, Sheridan WY

Like the rest of our body, the brain changes in numerous ways as we get older. What happens to the brain during healthy aging? Are yoga and Ayurveda ideal tools to maintain and improve brain health as we age?

Join us this weekend as Baxter and Melina share what is currently known about the changes in the brain as we age, and what is known about yoga, nutrition and Ayurvedic techniques that are useful for slowing or preventing common cognitive changes.



Fri: Stress, Sleep & Your Brain - Evening practice with Baxter & Melina
Sat AM: Yoga As Brain Exercise with Baxter
Sat PM: Healthy Body, Healthy Mind: Yoga & Ayurveda with Melina
Sun: A Healthy Heart is a Good Start 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:

Optimal Living with Baxter Bell & Melina Meza April 21 - 23, 2017

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