

Playing Between Opposites

Yin & Yang with Baxter Bell & Melina Meza

April 27th - 29th, 2018

Santosha Yoga, Sheridan WY

Join Baxter Bell and Melina Meza at Santosha for a playful and grounding spring workshop celebrating the play between opposites like: yin and yang, form and no-form, goals and no goals. You can expect unique workshops and practices that blend Hatha Yoga to build strength, balance and agility. Yin Yoga classes will help you increase your flexibility, enhance your circulation in the body and quiet your mind with longer held accessible postures to prepare for meditation.



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

CEUs for yoga instructors are available for this workshop.

Fees:
All Sessions \$175.00
Friday Evening \$60.00
Saturday All Day \$100.00
Saturday - One Session \$60.00

To sign up online, visit: www.balancedlivingconsultants.com/santosha-newsletter/

Find us on Facebook: Santosha Yoga, Sheridan, WY

Contact Teddy: theyogaqueen@gmail.com

307-763-0017

Registration Form: *Playing Between Opposites: Yin & Yang* with Baxter Bell & Melina Meza – April 27-29 2018

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 Fri Session Sat AM Session Sat PM Session Sun Session