

BAXTER BELL

YOGA FOR HEALTHY AGING

OCTOBER 12-14, 2018
SHANTI YOGA STUDIO

**FRI. 7-9PM | INFLAMMATION NATION:
THE HIDDEN FIRE**

**SAT. 9-11AM | RETHINKING
FLIGHT OR FIGHT**

**SAT. 1-3PM | YOGIC BREATHING AND
YOUR BRAIN'S NEUROTRANSMITTERS**

**SUN. 9-11AM | THE YANG AND
YIN OF IT!**



\$205 FULL WORKSHOP | EARLYBIRD PRICE \$165
EARLYBIRD DEADLINE 8/31/2018 | ELIGIBLE FOR 8 CEUS
INDIVIDUAL SESSIONS WILL BE RELEASED ON 8/31/2018
SPACE PERMITTING | \$60/SESSION



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