



## **yoga & the river of experience with visiting teacher baxter bell, MD**

Our real life experiences are often reflected in the flow of the river: sometimes chaotic and rapid, at other times languid, deep and peaceful. The yoga practice is like the perfect river guide, allowing us to navigate all the unpredictability of life and safely arrive at ocean of understanding and connection. Join us as we welcome back nationally recognized teacher Baxter Bell, MD, for this weekend workshop of exploration and discovery. It will be exciting, fun and fruitful! Practice will include balanced asana, pranayama, use of sound and meditation.

For more information about Baxter, check him out at [www.bellyoga.info](http://www.bellyoga.info)

**Friday March 26**  
**Testing the Waters**  
6:30 to 8:30 pm, \$40

**Saturday March 27**  
**Into the Rapids!**  
12:30-3:00 pm, \$55

**Saturday, March 27**  
**Finding the Eddies**  
3:30-6:00 pm, \$55

**Sunday, March 28**  
**Healing for the Next Float  
(therapeutics)**  
12:30-3:30 pm, \$60



**Both Saturday sessions: \$100**  
**Full weekend: \$190**

**All workshops in the Arlington studio**

**register online at [www.sunandmoonstudio.com](http://www.sunandmoonstudio.com)  
or give us a call at 703.525.YOGA**

**3811 Lee Hwy. Arlington, VA 22207 and 9998 Main St. Fairfax, VA 22031**

*If you are not pre-registered for a workshop, please call the studio prior to dropping in.  
If you are pre-registered and the workshop is cancelled, you will receive notification by telephone.*

**breathe. stretch. relax. repeat.**